

**Solihull Early Years Setting Improvement:**

**Prime area of learning reflections 2022/23**

**Physical development**

**What does this look like across your setting?**

**What would you expect to see?**

* Are the physical activity guidelines known, understood and promoted by all?

**Infants (less than 1 year):**

Infants should be physically active several times every day in a variety of ways, including interactive floor-based activity, e.g. crawling.

For infants not yet mobile, this includes at least 30 minutes of tummy time spread throughout the day while awake (and other movements such as reaching and grasping, pushing and pulling themselves independently, or rolling over); more is better.

**Toddlers (1-2 years):**

Toddlers should spend at least 180 minutes (3 hours) per day in a variety of physical activities at any intensity, including active and outdoor play, spread throughout the day; more is better.

**Pre-schoolers (3-4 years):**

Pre-schoolers should spend at least 180 minutes (3 hours) per day in a variety of physical activities spread throughout the day, including active and outdoor play. More is better; the 180 minutes should include at least 60 minutes of moderate-to-vigorous intensity physical activity.

* Do children have extended periods of uninterrupted outdoor play?
* Are there plenty of open-ended opportunities for children to develop both gross and fine motor skills?
* Do children have opportunities to manage risk and physical challenges?
* Does the learning environment, both indoors and out, cater for the current cohort’s physical interests and needs?

*Do you know me? (sense of belonging)
Can I trust you? (well-being)
Do you let me fly? (exploration)*

*Do you hear me? (communication)*

*Is this place fair for me? (contribution)*

Taken from **Te Whāriki – Early childhood curriculum**