

Physical development at Cheadle Catholic Infant
School

Core Strength:

Core strength is the development of the torso muscles that stabilize, align, and move the trunk of the body. Poor core strength can cause poor posture which can also affect gross motor and fine motor skills. Building strong core strength is like building a strong foundation for children.

Core strength development starts as an infant with ‘tummy time.’

When an infant has an opportunity to lie on his/ her tummy, she/he learns to lift their head which helps to strengthen the neck and upper back muscles. This will help the infant to begin supporting the weight of their own head and to be able to look around in response to sounds. It will also prepare the infant for such developmental milestones such as crawling, rolling over, and sitting up independently.

Some children will not have this core strength when they arrive at Primary School.

For Primary School aged children, the best way to develop core strength is through good old fashioned outdoor play! Children need daily opportunities to run, jump, climb, crawl and explore in an unstructured environment.

Children with poor core strength will tend to slump with shoulders rolled forward while seated, they may exhibit poor balance and find it difficult to sit on a chair.

This will also lead to poor fine motor skills, poor concentration and tiredness.

The following slides will show what we do at CCIS to improve core strength.

What do we do at CCIS?

- Daily Commando club to develop crawling skills/ upper body strength/ core strength
- **Active** play:
- Hopping, ball skills, painting, self dressing, dancing which encourage a sense of self
- Experience heavy, light objects, pull and push
- Forest School activities: Big movements eg carrying logs, building obstacle courses , balancing, taking risks
- 'Big' songs and rhymes eg 'Wheels on the bus.' "Heads Shoulders Knees and toes"
- More emphasis on balancing in gym

Commando Club











**Forest School
'Big' movements!
Taking risks**











Proprioception

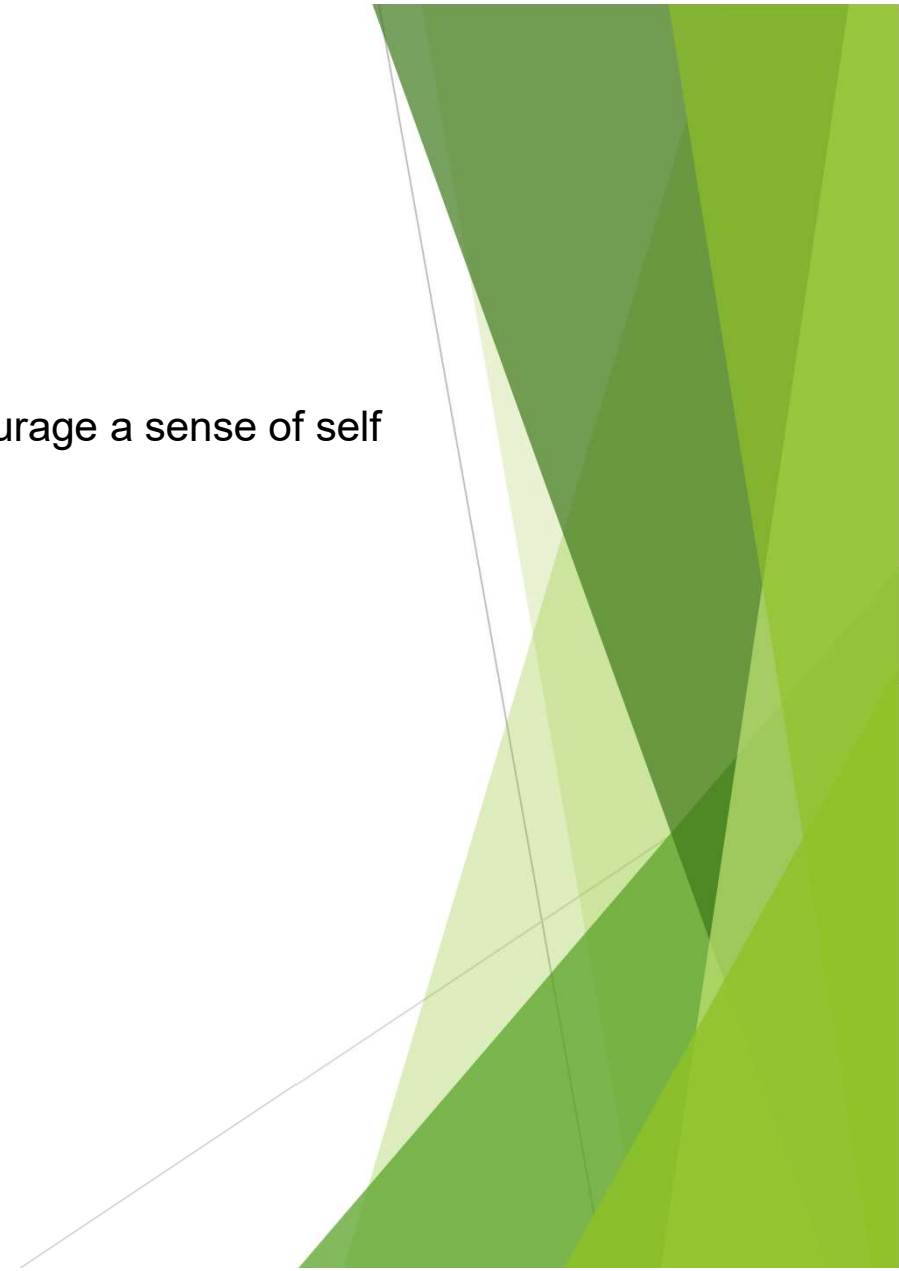
Proprioception (intuition) is the body's ability to sense its location, movements and actions. It's the reason we're able to navigate spaces, interact with objects and people, moving freely without consciously thinking about our body position environment.

Proprioception is closely related to the vestibular (balance) system



How can children experience this?

- Through **active** play:
- Hopping, ball skills, painting, self dressing, dancing which encourage a sense of self
- Multisensory activities such as barefoot walking
- Be allowed to take calculated 'risks'
- Experience heavy, light objects, pull and push





Vestibular (balance) is the body's ability to monitor and adjust movement of the head.

Located in the inner ear it is needed for both dynamic and static balance development, eye tracking ability, motor control and planning
(speech and language)

The vestibular system tells you when your head is upright or tilted (even with your eyes closed).

Activities to support this:

Movement – Large body (gross motor skills) swings, slides

Balance – obstacle courses, stairs, slopes, wobble boards

Self awareness – balancing on one foot

What we do at CCIS:

- **Active play**
- **Forest School activities**
- **'Big' songs and rhymes eg 'Wheels on the bus.' "Heads Shoulders Knees and toes"**
- **Balancing in gym**

Dough Disco



Squiggle whilst you wiggle!





**BIG
WRITING:
'Talk for Writing'**



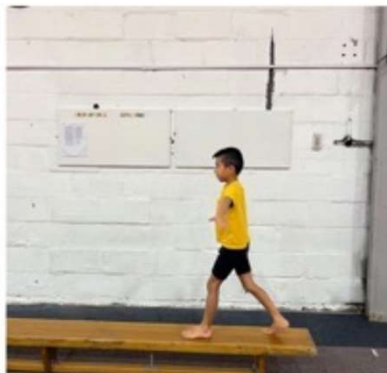












PIC•COLLAGE





PIC•COLLAGE





YEAR 1 & 2 Lunchtime Active Play

Skipping

Jumping from side to side over the rope



Practising holding the rope correctly and flicking it over heads.



Active Play Balancing games



IMPACT:

Our focus this year was to narrow the gap between boys and girls in EYFS.

In 2022 44% Boys achieved GLD V 84% Girls

In 2023 76% Boys achieved GLD V 72% Girls

We believe that our physical development focus this year has greatly contributed to the significant rise in boys achieving GLD. Our boys are more settled, focused and ready to learn!

Boys PSHE 2022 86% V 93% 2023

Boys PD 2022 89% V 92% 2023

Boys Writing 2022 50% V 78% 2023