

**Physical Development is about:-**

- *Developing confidence and independence through achievement*
- *Learning to use tools competently*
- *Learning co-ordination and control*
- *Building confidence, stamina, energy and strength*



- *Learning to move in a variety of ways*
- *Expressing yourself through movement*
- *Understanding the importance of exercise*
- *Learning to make healthy choices about food, and taking care of ourselves and our body*

