



Physical Development at Ashfield Nursery

At Ashfield Nursery, we know that physical development is key to a child's overall growth, confidence, and well-being. We provide exciting opportunities for children to develop strength, coordination, and movement skills through both structured and free-flow activities, indoors and outdoors.

Children engage in daily physical play, from climbing, balancing, and riding bikes outside to yoga, action rhymes, and parachute games indoors. Our environment encourages movement, helping children develop both gross motor skills—such as running, jumping, and throwing—and fine motor skills needed for writing and self-care. Activities like threading, playdough, and mark-making build finger strength and coordination, preparing children for confident tool use and pencil control.

We also support children in becoming independent with self-care tasks, from dressing and feeding themselves to understanding how movement keeps their bodies strong and healthy. By making physical activity fun and engaging, we instil a lifelong love of movement and well-being, ensuring children leave us with the skills and confidence to stay active and healthy.