

Stepping Forward: Childcare

Physical Development and
Care Needs

BISHOP BURTON
College



Scenario

You are working as an early years professional within a day nursery that caters for children from birth to 5 years. They also have an after school club that accepts children from the primary school next door.

The manager of the setting has asked you to produce information that they can put on their website about how the setting meets the physical development and physical care needs of the children, both in the nursery and the after-school club.

Task

You will need to create a document which provides a detailed analysis of at least three different care routines and five examples of physical play activities in a range of contexts: for example, indoor and outdoor.

The routines you could select from are:

- nutritious diet
- rest and sleep, including how to reduce the risk of infant death syndrome
- exercise
- skin care, to include bathing, nappy changing, sun care
- toileting routines, to include progression out of nappies
- care for hair and teeth

Play activities can be as imaginative as you like e.g. den making etc.

Make sure you explain how you feel the activities will aid the child's development.

Please add pictures of the activities and make it as colourful as possible!

Who to send the work to?

Course Manager

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