



Childrens interactions with the outdoor Environment

Physical development and physical literacy



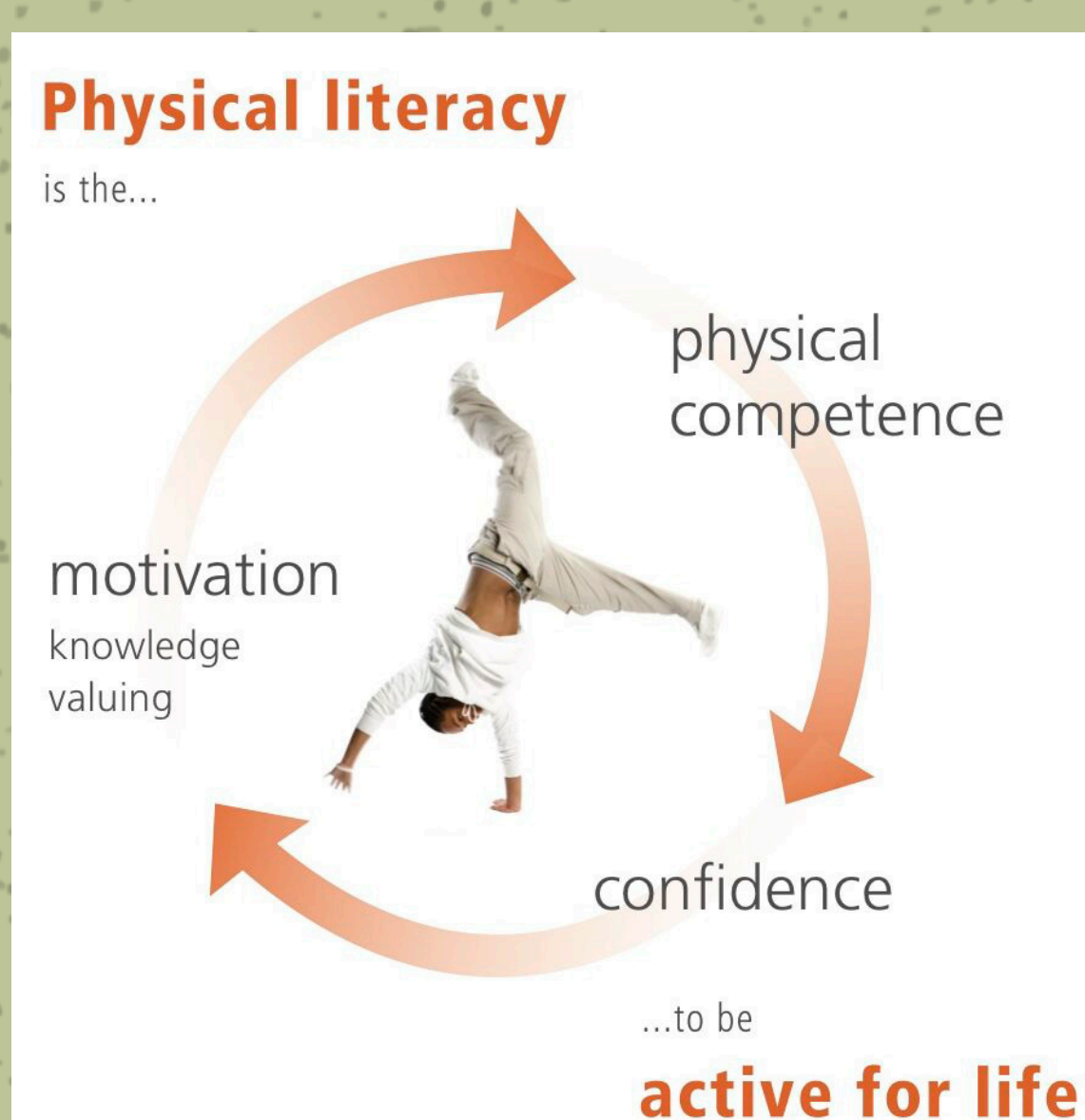
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What is physical literacy ?

Physical literacy can be described as the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life stated by IPLA (2025).

Why is it important ?

Physical Literacy provides a solid foundation for children and youth to develop the skills, knowledge and attitudes they need to enable them to engage with poise and confidence across a wide variety of activities is important for life long skills stated by ice education (2013).

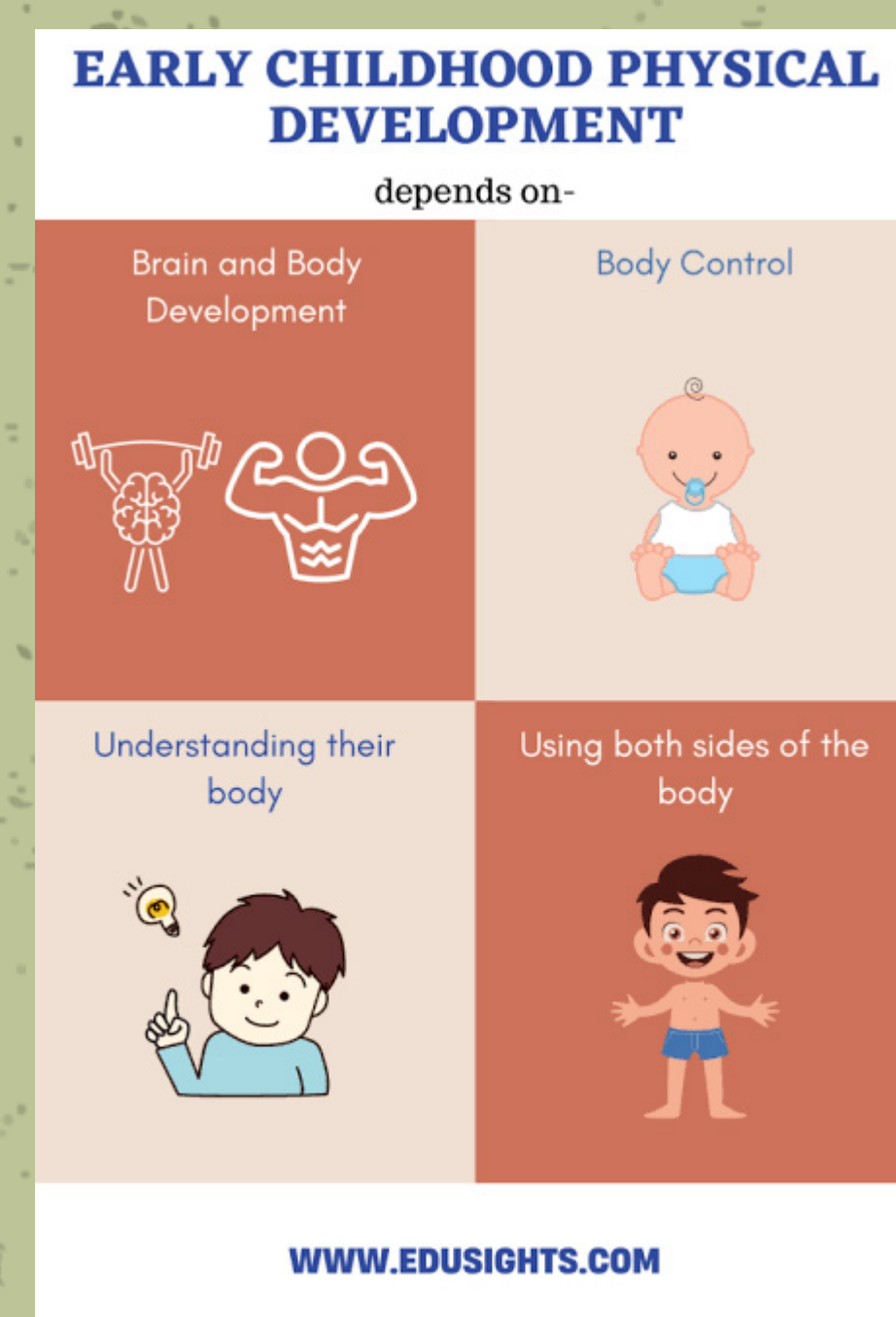


What is physical development?

PD is the growth and development of both brain and body and involves developing control of muscles and physical coordination. This control is used in a whole range of skills of daily functioning and encompasses children's ability to do a range of different tasks, such as speaking, making friends and understanding the world around them stated by early movers (2025).

Why is it important ?

Physical activity is vital in children's all-round development, enabling them to pursue happy, healthy and active lives. Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child's strength, co-ordination and positional awareness stated by buckinghamshire gov uk (2025).



Observations

Observations took place in :

Age: nursery-primary students

Setting: fforest,playground

Actions that took place,the setting

- Using lose parts in a creative way
 - creating a fake fire
- Using man made tools-digging for worms
- Swinging
- Running
- Jumping
- Playing with sticks
- Spacious
- using images
- Tree Stumps
- Sand pit

Outdoor play provides growth for physical literacy and physical development ?

When going to the nursery we observed many different roles such as object control, stability, locomotor, spatial awareness and natural affordances

The childrens showed many signs of these 5 key areas for example using the

natural affordances to their advantages by using logs to jump from one to the other, using sticks to dig up mud and using trees to climb

Showing stability by balancing on logs and climbing steps to the tree

the children showed Locomotor skills by swinging on the swings, running around to gather different friends and crawling into small huts

Showed spatial awareness by each taking individual turns, they didn't bump into each other and were very aware of their surroundings

Object control was shown when pushing the wheel barriers about, playing in the sand pit grabbing leaves and creating images, playing with diggers and bikes

These types of skills seen are extremely important as they are life long skills that are used in day to day life.

Being able to work together and as individuals in an outdoor space can increase confidence levels and help contribute to better communication skills as well as greater social skills.

Showing clear understanding and knowledge of the task at hand is a sign of clear competence

Being able to play and articulate certain object will be benfical for ther fine motor skills

References

Buckinghamshire.gov.uk (2025).physical development

Early movers (2025).what is physical development

ICE education (2013).physical literacy

IPLA (2025).definying physical literacy

