

## Physical development environment checklist

- This checklist must be used alongside the Early Years Outcomes and Development Matters in the Early Years Foundation Stage
- It will support you in providing an environment that promotes the Characteristics of Effective Learning
- Consider the range of ages and stages of all the children in your setting
- Consider the learning styles of boys and girls
- Adults should use a variety of spaces and resources indoors and outdoors that allow children the time and opportunity to move freely and practice their physical skills.

Date: \_\_\_\_\_

Do you provide.....	Yes/no	Comments/what can we do next?
Mobiles over the cots/ nappy changing area for babies to look at and reach for?		
Spaces for babies to roll and stretch? For example, tummy time.		
Object for babies to grasp, release and explore? For example – treasure baskets		
Opportunities for babies to rock and swing?		
Furniture to pull themselves up and cruise around?		
A range of uneven surfaces natural and man-made? For example, ramps, steps, pebbles, grass.		
Music and props for movement? For example, ribbons, scarves, instruments.		
Opportunities for climbing up, down and through? For example, slopes, tunnels, ladders, planks.		
Resources to push pull and transport on a small and large scale? For example, wheel-barrows, blocks, buckets, pebbles, tyres.		
Resources to push along, ride on, scoot and peddle?		
Places to dig? For example, large sandpits, mud.		
Space to run, spin and opportunities for rough and tumble play?		
Bars to hang upside down on, ropes to swing from?		
Opportunities to jump down from different heights?		
Materials for large and small scale mark making and surfaces to write on. For example, rollers, paintbrushes, chalk.		
A variety of resources to throw, catches, strike and kick?		
Opportunities to run, gallop, hop and skip?		
Fun adults to encourage “huff and puff” games?		

Use these links for websites: [Learn with me](#) [Physical development in the EYFS](#)  
[British Heart Foundation](#)