



Walking, Not Wheeling

Why walking and active movement matter (EYFS – Physical Development)

Children over the age of **2** need daily opportunities to move their bodies. Walking, climbing, and running help children build the physical foundations they need for learning, wellbeing, and independence.

Strong bodies = strong learners

Physical Development (Gross Motor Skills)

- Builds muscle, bone strength, balance, and coordination
- Develops **core strength** (tummy, back, shoulders)

Why this matters:

- Helps children **sit upright** at the table
- Supports **arm and hand control** for drawing and writing
- Improves posture and stamina

Real-life examples:

- Walking uphill or up steps strengthens core muscles
- Pushing a buggy or toy pram builds shoulder stability
- Climbing at the park strengthens the whole body

Movement supports early writing

Physical Development & Characteristics of Effective Learning

Before children can control a pencil, they must first control their bodies.

- Movement helps children develop coordination and focus
- Strong bodies support **fine motor skills** needed for mark-making and writing

Real-life examples:

- Walking on uneven ground improves balance and planning
- Stopping and starting builds listening and attention
- Carrying small items supports hand and grip strength

Emotional wellbeing and confidence

Personal, Social and Emotional Development

- Builds confidence and independence
- Encourages perseverance and resilience
- Gives children a sense of achievement

How parents can help

-  Let children walk short journeys (to the car, shop, or nursery gate)
-  Encourage carrying a small backpack or item
-  Use parks for climbing, balancing, and running
-  Let children help push the buggy when safe
-  Remember: **strong bodies support strong hands for writing**

Using buggies

Buggies are useful for long journeys, safety, tiredness, or additional needs — but limiting buggy use when possible is vitally important as it gives children more chances to move and grow.

Key message

Every step helps children become **stronger, more confident, and ready to learn**.

This poster supports EYFS guidance and recognises that every child develops at their own pace.