**Aims of the physical development and education curriculum**

*From:* Evangelou, M., Sylva, K., Kyriacou, M., Wild, M. and Glenny, G. (2009) *Early Years Learning and Development: Literature Review.* Annesley: Department for Children, Schools and Families

Maude (2006) describes what the aims of the physical development and education curriculum should be for early years education as follows:

Physical development:

* to stimulate growth
* to enhance physical development
* to provide healthy exercise

Movement development:

* to build on existing movement vocabulary
* to develop coordination and body tension
* to extend movement vocabulary

Movement skill acquisition:

* to develop fundamental motor skills to the mature stage
* to introduce new motor skills
* to increase knowledge of dynamics and movement
* to develop coordination
* to teach accuracy and efficiency in movement

Movement confidence development:

* to teach movement observation skills
* to develop movement experimentation and expression
* to enhance self-expression, self-confidence, self-image and self-esteem.