



Lunchtime and Curriculum Provision in Nursery.

Lunchtimes in Nursery are a fantastic opportunity for the children to develop lots of different skills, especially in relation to Prime Areas of Learning: Personal and Social Development, Physical Development and Communication and Language. Through joining in a meal together, trying lots of new foods and getting to grips with using a knife and fork, children are constantly learning and becoming more independent. These are skills which they can transfer to lots of other situations, such as playing together and having the confidence to express their likes and dislikes.

Specifically, during lunch indoors, children develop their skills by:

Personal, Social and Emotional Development

- Express preferences and decisions. They also try new things and start establishing their autonomy.
- Engage with others through gestures, gaze and talk.
- Develop their sense of responsibility and membership of a community.
- Increasingly follow rules, understanding why they are important

Physical Development

- Develop their small motor skills so that they can use a range of tools competently, safely and confidently. Suggested tools: pencils for drawing and writing, paintbrushes, scissors, knives, forks and spoons.
- Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor.
- Try a wider range of foods with different tastes and textures.

- Start eating independently and learning how to use a knife and fork.

Communication and Language

- Start a conversation with an adult or a friend and continue it for many turns.
- Pay attention to more than one thing at a time, which can be difficult.
- Listen to other people's talk with interest, but can easily be distracted by other things.
- Start to develop conversation, often jumping from topic to topic.

After lunch is finished, the children go outside to engage in exciting and purposeful play in the Rainbow Garden. Using the bikes and scooters to whizz around the track, learning to skip with a friend, digging in the soil, or taking advantage of the fantastic role play equipment and provision all means that children continue to learn through their play and develop friendships with their peers. They do this by:

Personal, Social and Emotional Development

- Develop friendships with other children.
- Find solutions to conflicts and rivalries. For example, accepting that not everyone can be Spider-Man in the game, and suggesting other ideas.

Physical Development

- Spin, roll and independently use ropes and swings (for example, tyre swings).
- Sit on a push-along wheeled toy, use a scooter or ride a tricycle.

- Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width.
- Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks.