

EYFS PRIME AREA: PHYSICAL DEVELOPMENT

Intent: To develop all-round physical development to enable healthy and active lives. Through specialist and direct teaching and ongoing weekly provision, opportunities are provided to develop both gross and fine motor skills and develop co-ordination and control.

By the end of nursery (based Development Matters) most children will be able to:

- Move in different ways including running, walking, climb on different surfaces, climb stairs using alternate feet
- Have developing control with ball skills including throwing, catching and kicking
- Link a sequence of movements together
- Create lines and circles pivoting from the shoulder and elbow
- Uses a range of small tools-brushes, pencils, chalk, whisks, pegs, threading
- Shows accuracy when drawing using lines and circles
- Hold scissors correctly to snip
- Use a range of lines and shapes when painting and drawing to create a representation

By the end of reception (ELG) most children will be able to:

Gross motor

- Negotiate space and obstacles safely, with consideration for themselves and others
- Demonstrates strength, balance and co-ordination when playing
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing

Fine motor

- Hold a pencil effectively in preparation for fluent writing- using the tripod grip in almost all cases
- Use a range of small tools, including scissors, paint brushes and cutlery
- Begin to use accuracy and care when drawing

PHYSICAL: CONTINUOUS PROVISION AND DIRECT TEACHING**Order to be determined by teaching staff**

	Autumn	Spring	Summer
Nursery Gross motor	Movement in different ways including running, walk, run and climb on different surfaces, climb stairs using alternate feet	Ball skills including throwing, catching and kicking Create lines and circles pivoting from the shoulder and elbow	Refine movements in different ways such as running forwards and backwards, jumping upwards and forwards Link a sequence of movements together
Nursery Fine motor	Use a range of small tools-brushes, pencils, chalk, whisks, pegs, threading Develop grip strength in hands- dough disco- Squeeze, stretch, pinch, roll	Show accuracy when drawing using lines and circles Focus on developing tripod pencil grip Hold scissors correctly to snip	Learn to write some letters in their name Use a range of lines and shapes when painting and drawing to create a representation
Reception Gross motor	Move in a range of ways, speed and directions to avoid obstacles slithering, shuffling, rolling, crawling, jumping, skipping, sliding and hopping Move around, over, under and through balancing and climbing equipment Jump off objects and land appropriately	Ball skills including throwing, catching, kicking, batting and aiming using a variety of equipment and with increasing accuracy and precision Movement including spatial awareness negotiating space successfully, adjusting speed and direction to avoid obstacles	Combine different movements with ease and fluency. Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.
Reception Fine motor	Refine pencil grip Writing letters/numbers using correct formation Use cutlery with increasing control	Adding smaller details to drawing and paintings using a range of media Writing letters/numbers using correct formation	Increase accuracy, size and orientation of letters and numbers