

Physical activity is vital in children's all-round development, enabling them to pursue happy, healthy and active lives. Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child's strength, co-ordination and positional awareness through tummy time, crawling and play movement with both objects and adults.

Physical Development – Prime Area

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Early Learning Goals
Nursery Skills	Begin to put on own coat with some support.	Independently put on own coat with support with zip and buttons.	Independently put on own coat with support with zip and buttons.	Independently put on own coat with support with zip and buttons.	Independently put on own coat with support with zip and buttons.	Independently put on own coat with support with zip and buttons.	
	Remove own shoes and socks.	Independently put on shoes.	Independently remove and put on socks and shoes.	Independently remove and put on socks and shoes.	Independently remove and put on socks and shoes.	Independently remove and put on socks and shoes.	
	Support with putting on socks.	Begin to independently put on socks.					
	Stand in a space.		Use snips/ scissors to follow a straight line.	Use snips/ scissors to follow a zig zag line.	Use snips/ scissors to follow a curved line.	Use snips/ scissors to cut out more complex shapes.	
	Climb on apparatus safely.	Use one handed tools and equipment (snips, paintbrushes, pens)	Move in different ways. E.g. Run, crawl, jump, hop, slither, roll, skip, gallop.	Throw and catch smaller equipment (bean bags)	Move safely in the space avoiding obstacles.	Move safely in the space avoiding obstacles.	
	Begin to show preference for a dominant hand.		Hold jugs and containers and pour from one container to another.	Move safely in the space avoiding obstacles.	Match developing physical skills to tasks and activities. E.g. to crawl, walk, run across a plank depending on width and length.	Use bats to push and stop a large ball.	
	Ride a trike.	Show preference for a dominant hand.	Throw and catch a large ball.	Use smaller equipment effectively. E.g. children's knives to cut fruit/ peelers to peel/ knives and forks in playdough.	Use smaller equipment effectively. E.g. children's knives to cut fruit/ peelers to peel/ knives and forks in playdough.	Use legs to push on balance bikes and glide.	
		Copy dance moves to different rhythms.	Use bats to hit a hanging ball. <small>(Hand/eye co-ordination)</small>			Hold pens/ pencils using an effective grip and use with good control.	
		Run, crawl, jump.	Ride on balance bikes.				
		Move in space safely.		Hold pens/ pencils using a tripod grip (froggy fingers)			
	Climb on apparatus safely.						
	Use large-muscle movements to						

		wave flags and streamers.		Use legs to push on balance bikes and glide.	Hold pens/ pencils using an effective grip and use with good control. Use legs to push on balance bikes and glide.	
Nursery Knowledge	Know how to be independent when putting on coats/ aprons/ welly boots.	Know how to use a variety of fine motor resources. E.g. threading, tweezers, rolling dough, use finger and thumb (pincer grasp) to pick up small items.	Know how to collaborate with others to manage large items. E.g. carrying planks.	Know how to collaborate with others to manage large items. E.g. carrying planks.	Know how to collaborate with others to manage large items. E.g. carrying planks.	Know how to collaborate with others to manage large items. E.g. carrying planks.
	Know to push legs to move trike. Know how to use alternative feet when climbing on apparatus.	Know how to move to different beats/ rhythms. E.g. fast and slow. Know how to use tools effectively. E.g. snips to cut/ paintbrush to paint. Know how to hold scissors safely.	Know what different tools in the Nursery are used for and how to use them safely. E.g. spades/ hammers/ children's knives/ peelers/ pegs/ scissors/ pencils. Know what hand they use most and use tools in this hand.	Know how to hold a pen/ pencil using a tripod grip (froggy fingers) Know that a pencil needs to be held in one hand. Know how to make different marks with different tools. E.g. chalks/ paints/ felt tips/ pencils/ pastels. Know how to use lines to enclose a space. Know how to use and remember sequence and patterns of movements	Know how to travel effectively across a range of climbing apparatus. Know how to use space safely. E.g. looking, changing direction. Know how to hold a pen/ pencil using an effective grip and use with good control. Know that a pencil needs to be held in one hand.	Know how to travel effectively across a range of climbing apparatus. Know how to use space safely. E.g. looking, changing direction. Know how to hold a pen/ pencil using an effective grip and use with good control. Know that a pencil needs to be held in one hand. Know how to make marks to represent more complex drawing. E.g. Head with

				related to music and rhythm.		body, arms and legs.	
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Reception							
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Early Learning Goals
Reception Skills	<p>Independently put on own coat with support with zip and buttons.</p> <p>Move safely in the space avoiding obstacles.</p> <p>Use legs to push on balance trikes and bikes.</p> <p>Climb on apparatus safely.</p> <p>Line up in straight line. Walking behind the person in front.</p> <p>Use a dominant hand.</p> <p>Use snips/scissors to cut straight, curved, zig zag lines.</p>	<p>Move safely in the space avoiding obstacles.</p> <p>Move in different ways. (Run, walk, roll, skip, jump, hop, crawl, climb)</p> <p>Respond to music matching movement to different beats and rhythms. E.g. fast and slow.</p> <p>Use smaller equipment effectively. E.g. children's knives to cut fruit/peelers to peel/knives and forks in playdough.</p> <p>Hold pens/pencils using an effective grip and use with good control.</p>	<p>Develop a range of ball skills. E.g. throwing, catching, kicking, passing.</p> <p>Able to balance on one foot and on balancing equipment</p> <p>Use scissors/spring supported to cut out basic shapes.</p> <p>Use smaller equipment effectively. E.g. children's knives to cut fruit/peelers to peel/knives and forks in playdough.</p> <p>Hold pens/pencils using correct grip.</p> <p>Hold pencils effectively to write letters.</p>	<p>Develop a range of ball skills. E.g. throwing, catching, kicking, passing.</p> <p>Able to balance on one foot and on balancing equipment</p> <p>Develop a more fluent style of moving, with developing control.</p> <p>Use scissors to cut out more complex shapes.</p> <p>Hold pens/pencils using correct grip.</p> <p>Form some letters correctly. Tall letters.</p> <p>Hold pencils effectively to write letters.</p>	<p>Develop a range of ball skills. E.g. Batting and aiming.</p> <p>Use scissors effectively to cut a range of materials.</p> <p>Hold pens/pencils using correct grip.</p> <p>Form some letters correctly. One armed letters.</p> <p>Hold pencils using correct grip to effectively write letters.</p> <p>Begin to develop handwriting that is a fast, accurate and efficient.</p>	<p>Develop a range of ball skills. E.g. Batting and aiming.</p> <p>Use scissors effectively to cut a range of materials.</p> <p>Hold pens/pencils using correct grip.</p> <p>Form some letters correctly. Zig zag letters.</p> <p>Hold pencils using correct grip to effectively write letters.</p> <p>Develop handwriting that is a fast, accurate and efficient.</p>	<p>Gross Motor Negotiate space and obstacles safely, with consideration for themselves and others.</p> <p>Demonstrate strength, balance and coordination when playing.</p> <p>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p> <p>Fine Motor Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases.</p> <p>Use a range of small tools, including scissors, paintbrushes and cutlery.</p>

			Form some letters correctly. Curley letters.	Use paint brushes to make marks and create different effects.			Begin to show accuracy and care when drawing.
Reception Knowledge	<p>Know how to collaborate with others to manage large items. E.g. carrying planks.</p> <p>Know how to travel effectively across a range of climbing apparatus.</p> <p>Know how to use space safely. E.g. looking, changing direction.</p> <p>Know how to line up. (Lunchtimes etc)</p> <p>Know how to carry scissors safely.</p> <p>Know how to use lines to enclose a space to make representations.</p> <p>Complete P.E Locomotion Gymnastics (High/ low/ over/ under)</p>	<p>Know how to use space safely. E.g. looking, changing direction.</p> <p>Know how to move in different ways.</p> <p>Know how to make different marks.</p> <p>Know how to write their name.</p> <p>Know how to form some lowercase letters.</p> <p>Know how to use lines to create simple drawings. E.g. person/ house</p> <p>Complete P.E Gymnastics - moving</p>	<p>Know how to throw and catch large balls and bean bags.</p> <p>Know how to confidently and safely use a range of small and large apparatus indoors and outside.</p> <p>Begin to know the difference between capital letters and lowercase letters.</p> <p>Know how to use lines to create more complex drawing.</p> <p>Complete P.E Ball skills – Hands 1 Feet 1</p>	<p>Know how to move in different ways.</p> <p>Know how to combine movements with ease and fluency.</p> <p>Know how to confidently and safely use a range of small and large apparatus indoors and outside.</p> <p>Know the difference between capital letters and lowercase letters.</p> <p>Complete P.E Dance - Dinosaurs</p>	<p>Know how to use equipment safely and with control.</p> <p>Know how to confidently and safely use a range of small and large apparatus indoors and outside.</p> <p>Know how to form capital and lowercase letters correctly.</p> <p>Know how to hold a pencil correctly.</p> <p>Know how to achieve good posture when sitting at tables and on the floor.</p> <p>Know how to sit correctly at a table when writing.</p> <p>Complete P.E Ball skills – Hands 2 Attack and defence</p>	<p>Know how to use equipment safely and with control.</p> <p>Know how to confidently and safely use a range of small and large apparatus indoors and outside.</p> <p>Know how to use space safely. E.g. looking, changing direction.</p> <p>Know how to form capital and lowercase letters correctly.</p> <p>Know how to hold a pencil correctly.</p> <p>Know how to achieve good posture when sitting at tables and on the floor.</p> <p>Know how to sit correctly at a table when writing.</p>	

						<u>Complete P.E</u> Ball Skills – Attack and defence Athletics	
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