

# Physical Development



PD- Gross Motor	Pre-school 1	Pre-school 2	Reception	ELG	Provisions	Links to Y1
1	<p>Start to use stairs independently.</p> <p>Build independently with a variety of resources.</p>	<p>Go upstairs and steps/ climb using alternate feet</p> <p>Collaborate with others to manage large items etc.</p> <p>Discussion over safety with children.</p>	<p>Confidently use a range of small and large equipment and obstacles.</p> <p>Discuss need for rules and how to remain safe.</p>	<b>Negotiate space and obstacles safely, with consideration for themselves and others.</b>	<p><b>Pre-school</b> Provide simple obstacle course equipment Bikes and trikes <b>Reception class</b> Large scale building/ PE equipment Make courses and use/ move etc. Racing and chasing games. PE lessons</p>	<p>Master basic movements.</p> <p>Participate in team games.</p>
2	<p>Fit into spaces e.g. dens and large boxes.</p> <p>Gradually gain control of their own body through practice of large-scale movements.</p>	<p>Match activities to tasks. Use large movements e.g. streamers etc (shoulder pivot)</p>	<p>Core muscles for good posture Overall body skills Movement fluency (developing control and grace)</p>	<b>Demonstrate strength, balance and co-ordination when playing.</b>	<p><b>Pre-school</b> Ribbon twirling, flags and streamers. Large scale mark making Outdoor skills- climbing, running etc. <b>Reception class</b> Get Moving Large outdoor play equipment. Development movement Play Wheeled resources</p>	<p>Basic movements</p> <p>Ball skills</p>
3	<p>Sit on and push along a wheeled toy. Use a scooter or ride a tricycle.</p> <p>Walk, run, jump and climb. Spin and roll.</p> <p>Enjoy starting to kick, throw and catch balls.</p>	<p>Develop movement including use of bikes, scooters etc and ball skills.</p> <p>Skip, hop, stand on one leg- games like musical statues.</p>	<p>Revise and use fundamental movement skills: roll, crawl, walk, jump, run, hop, skip, climb.</p> <p>Ball skills: throwing, catching, kicking, passing, patting, aiming etc.</p>	<b>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</b>	<p><b>Pre-school</b> PE lessons Outdoor provision- Muddy Mondays Bikes, scooters, moving vehicles Slides and tunnels for rolling, crawling etc. <b>Reception</b> PE lessons Daily Mile</p>	<p>Team Games</p> <p>Basic movements</p> <p>Ball skills</p>

## Physical Development



PD- Fine Motor	Pre-school 1	Pre-school 2	Reception	ELG	Provisions	Links to Y1
1	<p>Explore different materials and tools.</p> <p>Develop manipulation and control.</p>	<p>Use a comfortable grip with good control.</p> <p>Show a preference for a dominant hand.</p>	<p>Develop a comfortable grip which shows good pencil and pen control.</p> <p>Use core muscle strength to achieve good posture.</p> <p>Develop the foundations of an appropriate handwriting style.</p>	<p><b>Hold a pencil effectively in preparation for writing (nearly always tripod grip).</b></p>	<p><b>KINETIC LETTERS</b></p> <p>Kinetic Letters Pencil rhyme</p> <p>Plank position for writing on the floor.</p> <p>Correct pencils and grips to support grip.</p>	<p>Sit correctly at a table, holding a pencil comfortably and correctly.</p> <p>Form lower-case letters in the correct direction, starting and finishing in the right place.</p>
2	<p>Explore different materials and tools.</p>	<p>Use one handed tools and equipment.</p> <p>Start to eat independently with a knife and fork.</p>	<p>Develop fine motor skills to use a range of tools competently</p>	<p><b>Use a range of small tools e.g. scissors, paint brushes, cutlery.</b></p>	<p>Appropriate tools and equipment- different sized paintbrushes, scissors, sticks, stampers, spreaders etc. Fiddly fingers</p> <p>Dough Disco</p>	<p>To use a range of materials creatively to design and make products.</p> <p>To develop a wide range of art and design techniques in using colour, pattern, texture, line, shape, form and space.</p>
3	<p>Explore different materials and tools.</p> <p>Develop manipulation and control.</p>	<p>Draw with increasing complexity and detail. (EAD)</p> <p>*Draw a person each half term to see progression in fine motor/ drawing skills.</p>	<p>Draw with increasing complexity and detail.</p> <p>Develop good techniques.</p> <p>→</p>	<p><b>Begin to show accuracy and care when drawing.</b></p>	<p>Art/ workshop stations with materials to allow independent art.</p> <p>Opportunities to practise art e.g. mud mark making to bring the skills back for pencil control.</p>	<p>To use drawing, painting and sculpture to develop and share their ideas, experiences and imagination.</p>

## Physical Development



Pre-school 1	Pre-school 2	Reception
Learn to use the toilet with help.	Learn to use the toilet independently.  Put on own coat.  Wash and dry hands thoroughly.	Know about and talk about the different factors that support their overall health and wellbeing. (Oral hygiene, screen safety, road safety, healthy eating, good sleep routines, regular physical exercise.)  Rules and routines for personal hygiene, mealtimes and lining up.

(No ELG)