

# Physical Development

## Autumn 1

Know and talk about the different factors that support their overall health and wellbeing: - regular physical activity - healthy eating - toothbrushing - sensible amounts of 'screen time' - having a good sleep routine - being a safe pedestrian

Further develop the skills they need to manage the school day successfully: - lining up and queuing - mealtimes - personal hygiene  
Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming

## Autumn 2

Revise and refine the fundamental movement skills they have already acquired: - rolling - crawling - walking - jumping - running - hopping - skipping - climbing

Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.

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.

## Spring 1

Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor.

Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.

Develop the foundations of a handwriting style which is fast, accurate and efficient.

## Spring 2

Progress towards a more fluent style of moving, with developing control and grace.

Combine different movements with ease and fluency.

Develop overall body-strength, balance, co-ordination and agility.

Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.

## Summer 1

Negotiate space and obstacles safely, with consideration for themselves and others

Move energetically, such as running, jumping, dancing, hopping, skipping and climbing

Use a range of small tools, including scissors, paintbrushes and cutlery

## Summer 2

Demonstrate strength, balance and coordination when playing

Hold a pencil effectively in preparation for fluent writing - using the tripod grip in almost all cases

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. By creating games and providing opportunities for play both indoors and outdoors, adults can support children to develop their core strength, stability, balance, spatial awareness, co-ordination and agility. Gross motor skills provide the foundation for developing healthy bodies and social and emotional wellbeing. Fine motor control and precision helps with hand-eye co-ordination which is later linked to early literacy. Repeated and varied opportunities to explore and play with small world activities, puzzles, arts and crafts and the practise of using small tools, with feedback and support from adults, allow children to develop proficiency, control and confidence.

Ride a balance bike with increased control

Write a simple phrase

Draw your own house and label

Zip your coat and fasten your own shoes