



Childwall CE Primary School

PRIME AREA <u>Physical Development</u>	Gross Motor	Fine Motor
3 and 4 Year olds	<ul style="list-style-type: none"> ➤ Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills. ➤ Go up steps and stairs, or climb up apparatus, using alternate feet. ➤ Skip, hop, stand on one leg and hold a pose for a game like musical statues. ➤ Use large-muscle movements to wave flags and streamers, paint and make marks. ➤ Start taking part in some group activities which they make up for themselves, or in teams. ➤ Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm. ➤ Match their developing physical skills to tasks and activities in the setting. E.g they decide whether to crawl, walk or run across a plank, depending on its length and width. ➤ Choose the right resources to carry out their own plan. E.g, choosing a spade to enlarge a small hole they dug with a trowel. ➤ Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks 	<ul style="list-style-type: none"> ➤ Use one-handed tools and equipment, for example, making snips in paper with scissors. ➤ Use a comfortable grip with good control when holding pens and pencils. ➤ Show a preference for a dominant hand ➤ Be increasingly independent as they get dressed and undressed, for example, putting coats on and doing up zips
Reception	<ul style="list-style-type: none"> ➤ Revise and refine the fundamental movement skills they have already acquired: • rolling • crawling • walking • jumping • running • hopping • skipping • climbing ➤ Progress towards a more fluent style of moving, with developing control and grace ➤ 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. ➤ Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor. ➤ 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. Develop overall body-strength, balance, co-ordination and agility. ➤ Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball. ➤ 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 	<ul style="list-style-type: none"> ➤ 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. ➤ Develop the foundations of a handwriting style which is fast, accurate and efficient.
Early Learning Goal	<ul style="list-style-type: none"> ➤ Negotiate space and obstacles safely, with consideration for themselves and others; ➤ Demonstrate strength, balance and coordination when playing; ➤ Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. 	<ul style="list-style-type: none"> ➤ 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 show accuracy and care when drawing.