

# Physical Development

Physical Development is one of the three prime areas of learning in the EYFS framework. It enables children to lead happy, healthy and active lives. Through our curriculum we support children by creating games and providing opportunities to develop their core strength, stability, balance, spatial awareness and co-ordination. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being. Fine motor skills help with hand eye co-ordination which is later linked to early Literacy.

*At the end of Reception, teachers report children's development against the Early learning Goals. For 'Expressive Arts and Design' the two Early Learning Goals are:*

**Gross Motor:** Children at the expected level of development will: - 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.

**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 show accuracy and care when drawing.

	Nursery	Reception	Year 1 Content	Year 2 Content
Physical Development	<p><b>Gross Motor</b>  Children will develop their skills to skip, hop and stand one leg.  Children will develop their skills to climb onto large equipment and balance.  Children will develop their skills to ride bikes, trikes and scooters.  Children will develop the skill to make large muscle movements.  Children will begin to develop ball skills; throwing and catching large balls and batting balls.  Children will develop the skill to put their coat on independently.</p> <p><b>Fine Motor</b>  Children will develop their skills to use one handed tools.  Children will develop their skills to make snips in paper using scissors.  Children will develop a comfortable grip to draw and colour.  Children develop the skills to fasten zips and buttons.</p> <p><b>Healthy Bodies</b>  Children will know that they need to wash and dry their hands.  Children will know how to use the toilet independently and develop the physical skills to do so.  Children will know they need to brush their teeth twice a day.</p>	<p><b>Gross Motor</b>  Real PE:  Footwork, One legged balance  Jumping and landing, Seated balance  Shape and travel, Balance on a line  Ball skills, Balance with a partner  Sending and receiving, Reaction and response</p> <p><b>Fine Motor</b>  Children will develop their fine motor skills so they can use tools competently, safely and confidently. These will include pencils, paintbrushes, scissors, and cutlery.  Children will develop their handwriting skills so they can hold and use a pencil with increasing control and correct grip.</p>	<p>Real PE:  Footwork, One-Leg Balance  Jumping and Landing, Seated balance  Flight and rotation  Balance on a line stance  Sending and receiving, reaction and response  Ball chasing, Floor work</p>	<p>Real PE:  Footwork, One-leg balance  Jumping and landing, seated balance  Balance and travel  Balance on a line, Stance  Ball skills, Balance with a partner  Sending and receiving, Reaction and response</p>