

PHYSICAL DEVELOPMENT

Early Years Framework

AUTUMN 1

- Revise and refine the fundamental movement skills they have already acquired: walking, jumping, running, hopping and skipping
- Tripod grip taught for writing.

1

AUTUMN 2

- Revise and refine the fundamental movement skills they have already acquired: rolling, crawling and climbing.
- Further develop the skills they need to manage the school day successfully: lining up and queuing and mealtimes

2

SPRING 1

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

3

SPRING 2

- Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor.
- Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.
- Develop the foundations of a handwriting style which is fast, accurate and efficient.

4

SUMMER 1

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

5

SUMMER 2

- 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.
- Negotiate space and obstacles safely.
- Develop overall body-strength, balance, co-ordination and agility.

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PHYSICAL DEVELOPMENT END POINT

Early Years Framework

ELG: Gross Motor Skills

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.

ELG: Fine Motor Skills

Children at the expected level of development will:

- 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.