

Area of Learning	Aspect	Birth to 3	3 year olds and 4 year olds	Reception aged children	ELG
Physical Development	Gross Motor skills	<ul style="list-style-type: none"> -Lift their head while lying on their front -Push their chest up with straight arms -Roll over; from front to back, then back to front -Enjoy moving when outdoors and inside -Sit without support -Begin to crawl in different ways and directions -Pull themselves upright and bouncing in preparation for walking -Eats finger food and develops likes and dislikes -Try a wider range of foods with different tastes and textures -Gradually gain control of their whole body through continual practice of large movements, such as waving, kicking, rolling, crawling and walking -Clap and stamp to music -Fit themselves into spaces, like tunnels, dens and large boxes and move around in them -Enjoy starting to kick, throw and catch balls -Begin to walk independently - choosing appropriate props to support at first -Walk, run, jump and climb - and start to use the stairs independently -Spin, roll and independently use ropes and swings (for example, tyre swings) -Learn to use the toilet with help, and then independently 	<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 -Are increasingly 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. For example, 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. For example, 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 -Be increasingly independent in meeting their own care needs, e.g. brushing teeth, using the toilet, washing and drying their hands thoroughly -Make healthy choices about food, drink, activity and toothbrushing 	<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 and being a safe pedestrian -Further develop the skills they need to manage the school day successfully; lining up and queuing, mealtimes, personal hygiene. 	<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

PD - Autumn 1

Developing spatial awareness and safety in the gym and hall.

Using our bodies to move in different ways using animal movements, balances on different parts of our bodies, different heights. Stopping on a cue.

Developing pencil control using a tripod grip.

Name writing using recognisable letters and developing letter formation.

Independence in getting dressed and undressed and managing hygiene needs.

Eating a varied diet.

Using tools such as a pencil, scissors and knives.

PD - Spring 1

Continuing to develop pencil control using a tripod grip.

Writing name, labels and captions using recognisable letters and developing letter formation.

Independence in getting dressed and undressed and managing hygiene needs.

Ball and beanbag skills in PE

Throwing, catching, rolling, aiming and working with a partner.

Underarm and overarm throws.

2 handed and 1 handed catches.

PD - Autumn 2

Firework dancing and other dances using props such as scarves, ribbons and pom poms. Negotiating space successfully. Developing PE skills such as dancing.

Continuing to develop pencil control using a tripod grip.

Developing letter formation using formation rhymes.

Independence in getting dressed and undressed and managing hygiene needs.

Using tools such as a pencils and scissors safely and with good control.

PD - Spring 2

Continuing to develop pencil control using a tripod grip.

Writing name, labels and captions using recognisable letters and developing letter formation.

Independence in getting dressed and undressed and managing hygiene needs.

Understanding the need for safety when using the large apparatus in the gym.

Managing some safety measures independently.

PD - Summer 1

Using a tripod grip when writing.

Writing captions and sentences using recognisable letters and clear formation.

Independent when getting dressed and undressed and managing hygiene needs.

Understanding the need for safety when using the large apparatus in the gym.

Managing some safety measures independently.

Developing PE skills such as dancing and gym. Developing coordination skills in PE.

Using outdoor play equipment safely and confidently.

PD - Summer 2

Using a tripod grip when writing.

Writing captions and sentences using recognisable letters and clear formation. Using their letter formation for handwriting.

Independent when getting dressed and undressed and managing hygiene and health needs.

Managing some safety measures independently.

Developing ball skills in PE.

Using bats and balls safely and with good control and coordination.

Preparing for sports day and understanding the rules of games.