

Physical Development in EYFS

	Nursery	Reception
Fundamental Skills	<ul style="list-style-type: none"> Follow simple Instructions. Observe and copy others. Aware of the changes to the way you feel when you exercise. Play with others and take turns and share with help. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. 	<ul style="list-style-type: none"> Understand and follow simple rules. Work on simple tasks with help. Know and talk about the different factors that support their overall health and wellbeing: Develop the overall body strength, coordination, balance and agility needed to engage successfully with future physical education sessions Name some things I am good at. Explore and describe different movements Why exercise is important for good health. Practise safely and work on simple tasks by myself. Work sensibly with others, taking turns and sharing. Perform a single skill or movement with some control. Negotiate space and obstacles safely, with consideration for themselves and others.
Gross Motor	<ul style="list-style-type: none"> Go up steps and stairs Climb up apparatus, using alternate feet. Skip, hop, stand on one leg and hold a pose for a game like musical statues. Balance on a small bench/ plank Use large-muscle movements to wave flags and streamers, paint and make marks. Put coat on and zip it up Be increasingly independent as they get dressed and undressed. Ride a scooter independently Ride a balance bike Catch a ball Throw a ball Kick a ball and hit a target 	<ul style="list-style-type: none"> Revise and refine the following fundamental movement skills -running -crawling -hopping -skipping -jumping -climbing •Rolling- forward roll and sausage roll •Combine different movements with ease and fluency. •Confidently and safely use a range of large and small apparatus indoors and outdoors •Begin to ride a bike without training wheels •Throw a ball and hit a target accurately •Bounce a ball and catch •Throw and catch a ball confidently within a group •Dribble a ball around a simple obstacle

Fine Motor

- To use actions in rhymes and songs independently
- Show a preference for a dominant hand.
- Thread beads onto a piece of string
- Weave using in and out movements



- Hold tools correctly such as a paintbrush, crayons, rollers, mark making tools
- Use tools correctly such as a paintbrush, crayons, rollers, mark making tools
- To be able to make anticlockwise movements and marks on paper
- To be able to form pre writing skills



- To be able to hold a pair of scissors
- To be able to cut a straight line independently
- To be able to cut around a shape using a pair of scissors

- Hold a pencil effectively in preparation for fluent writing
- Use a knife and fork independently and safely
- Begin to hold a plastic sewing needle and sew using in and out movements



- Begin to show accuracy and care when drawing

Being healthy

- To know what the 4 healthy heroes are
- To name types of fruit and vegetables
- To understand healthy and unhealthy food
- To talk about how we can keep healthy
- To know we have to brush our teeth at least times a day
- To know we have to wash regularly and keep clean

- Know and talk about the different factors that support overall health and wellbeing such as
 - eating a range of fruit and vegetables
 - eating healthy alternatives
 - regular physical activity
 - going to bed early and having enough sleep
 - Have an appropriate time for screen time

Movement skills	<ul style="list-style-type: none"> • Walk forwards with fluidity and minimum wobble • Sit and roll a ball along the floor around body using 2 hands. • Sit and roll a ball along the floor around body using 1 hand (right and left). • Side-step in both directions • Sit holding hands with toes touching, lean in together then apart. • Sit holding 1 hand with toes touching, lean in together then apart • Gallop, leading with either foot • Hop on either foot. • Skip • Walk backwards with fluidity and minimum wobble. • Sit holding hands with toes touching and rock forwards, backwards and side-to-side. 	<ul style="list-style-type: none"> • Roll a ball, chase and collect it in balanced position facing opposite direction. • Jump from 2 feet to 2 feet forwards, backwards and side to-side. • Roll large ball and collect the rebound. • Throw large ball and catch the rebound with • 2 hands. Chase a ball rolled by a partner and collect it in balanced position facing opposite direction. • From 1, 2 and 3 metres: React and catch large ball dropped from shoulder height after 2 bounces. React and catch large ball dropped from shoulder height after 1 bounce. • Roll small ball and collect the rebound. Jump from 2 feet to 2 feet with quarter turn in both directions. Hold on and, with a long base, lean back, hold balance and then move back together. • Throw tennis ball, catch rebound with same hand after 1 bounce • . Throw tennis ball, catch rebound with other hand after 1 bounce. Strike large, soft ball along ground with hand 5 times in a rally
Gymnastics	<ul style="list-style-type: none"> • Move confidently and safely in their own space and general space. • (Negotiating space effectively-under, round, over equipment and obstacles) • Move and stop, recognising both commands and acting upon them immediately. • Show contrast with their bodies including tall/short, wide/ thin, straight/ curved. • Copy simple movements and simple sequences. • Make shapes with their bodies, according to commands. • Jump off an object and land appropriately 	<ul style="list-style-type: none"> • Explore and perform gymnastic actions (pencil/straight, tuck, star, pike, dish and arch) and still shapes. • Move confidently and safely in their own and general space, using change of speed and direction. • Copy, create and link move, movement phases with beginnings, middles and ends. • Can explore different ways of stretching, balancing, rolling and travelling.
Dance	<ul style="list-style-type: none"> • Explore and copy basic body actions and rhythms. • Negotiate space confidently, using appropriate strategies. • To be able to use their bodies to imitate motifs from stories and topics such as animals, trees, etc. • To begin to respond to different types of music. • Progress towards a more fluent style of moving, with developing control and grace. • Explore movement ideas and respond imaginatively to a range of stimuli. • Move confidently and safely in their own general space using changes of speed, level and direction. 	<ul style="list-style-type: none"> • Explore and copy basic body actions and rhythms. • To be able to negotiate space confidently, using appropriate strategies. • To be able to use their bodies to imitate motifs from stories and topics such as animals, trees, etc. • To begin to respond to different types of music. • Progress towards a more fluent style of moving, with developing control and grace. • Explore movement ideas and respond imaginatively to a range of stimuli. • Move confidently and safely in their own general space using changes of speed, level and direction. • Compose and link movements to make simple beginnings, middles and ends. Perform movement phases using a range of body actions and body parts.