

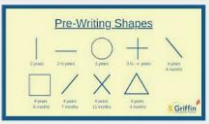


EYFS Physical Development Overview

	Nursery	Reception
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	<ul style="list-style-type: none"> • 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  <ul style="list-style-type: none"> • Hold tools correctly such as a paintbrush, crayons, rollers, mark making tools • Use tools correctly such as a paintbrush, crayons, rollers, mark making tools 	<ul style="list-style-type: none"> • 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  <p>Begin to show accuracy and care when drawing</p>

	<ul style="list-style-type: none"> • To be able to make anticlockwise movements and marks on paper • To be able to form pre writing skills  <ul style="list-style-type: none"> • 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 • 	
Personal and Social Development	<ul style="list-style-type: none"> • Listen to and follow instructions given by an adult • Start taking part in some group activities which they make up for themselves, or in teams • Join in with games such as What's the time Mr Wolf • Increasingly able to use and remember sequences and patterns of music that are related to music and rhythm. • Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks. 	<ul style="list-style-type: none"> • Work cooperatively within a group • Be confident to try new activities and show independence, resilience and perseverance in the face of a challenge. • Explain the reasons for rules, know right from wrong and try to behave accordingly.
Being Healthy	<ul style="list-style-type: none"> • 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 	<p>Know and talk about the different factors that support overall health and wellbeing such as</p> <ul style="list-style-type: none"> -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