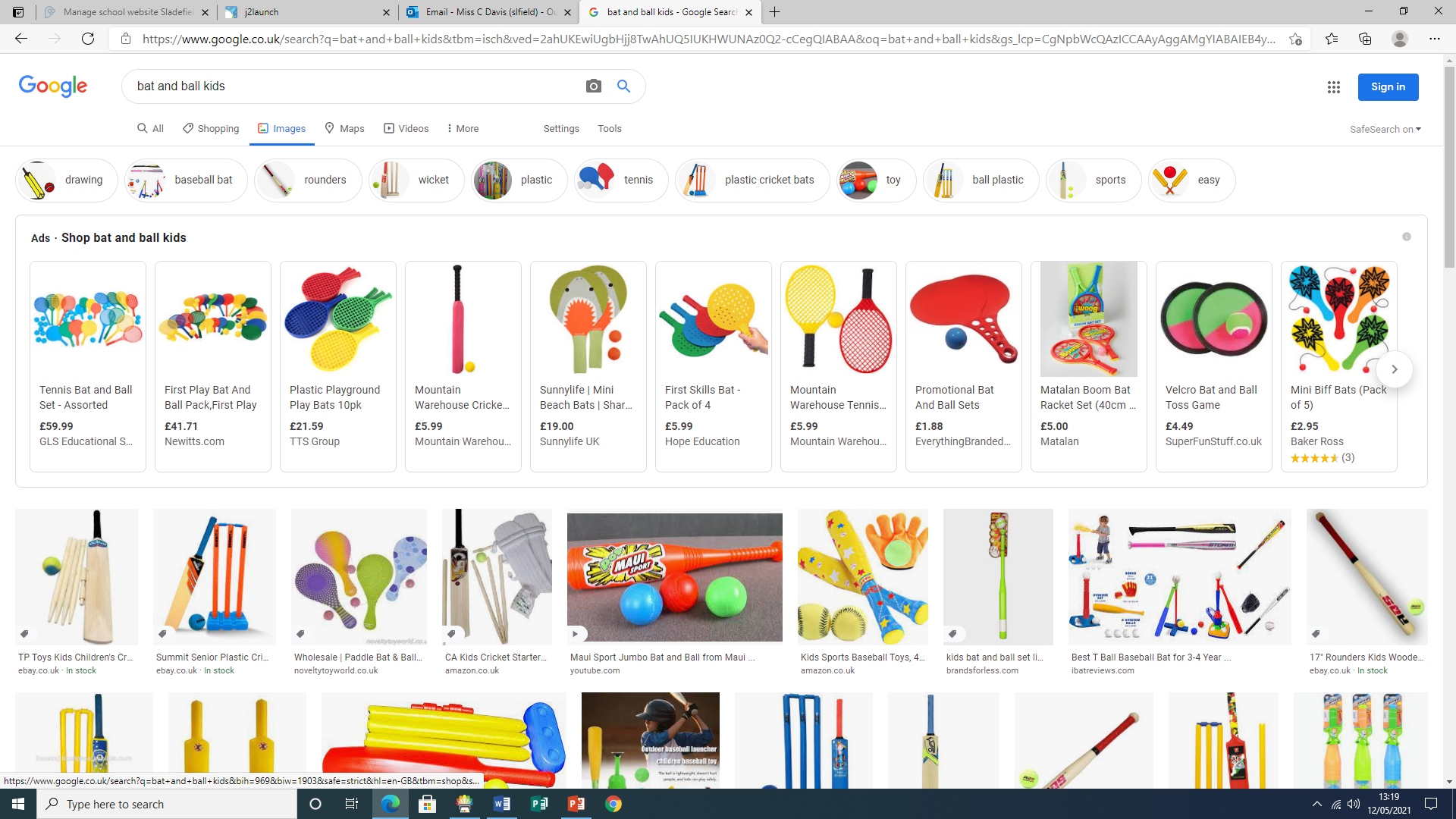
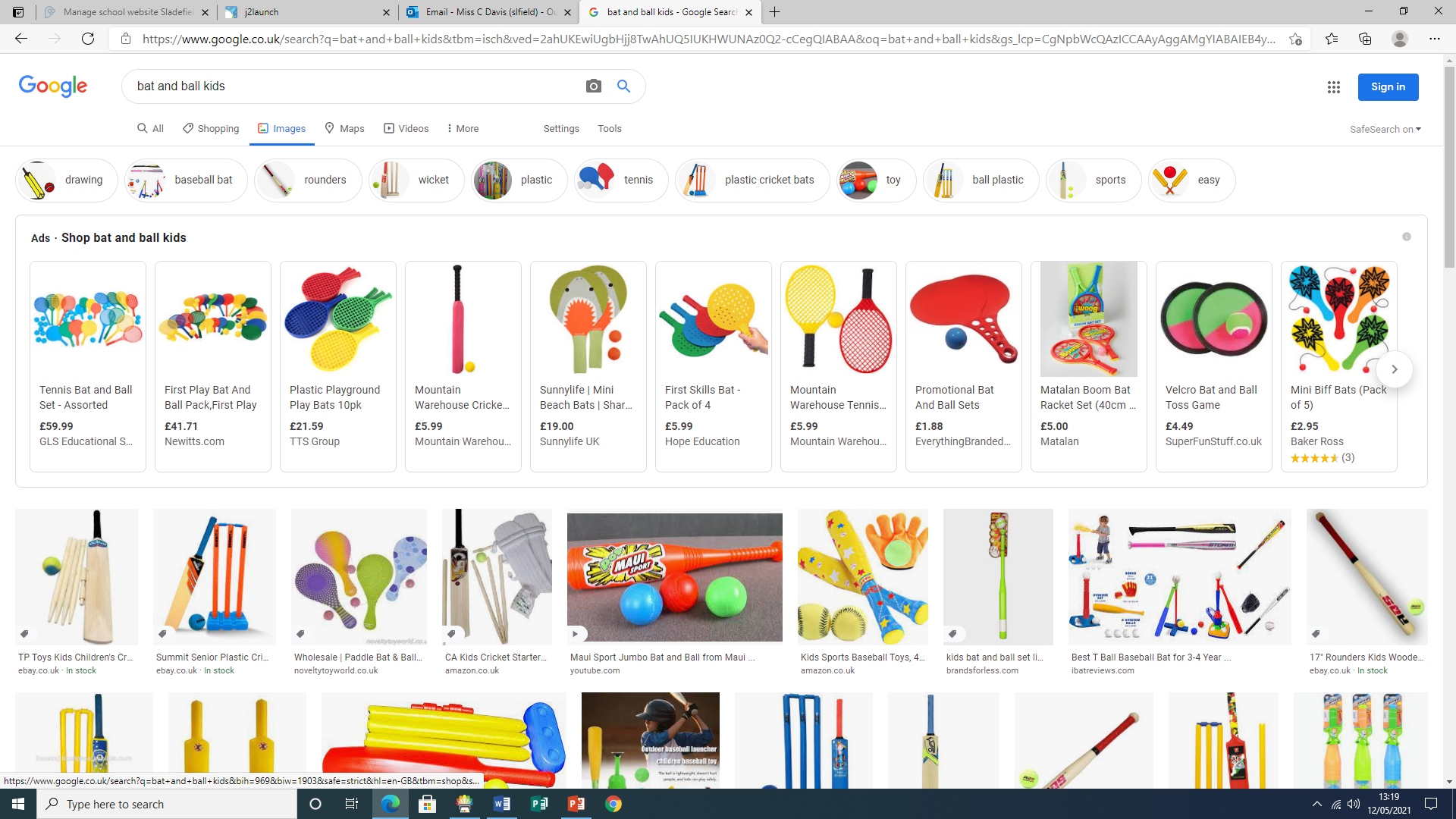
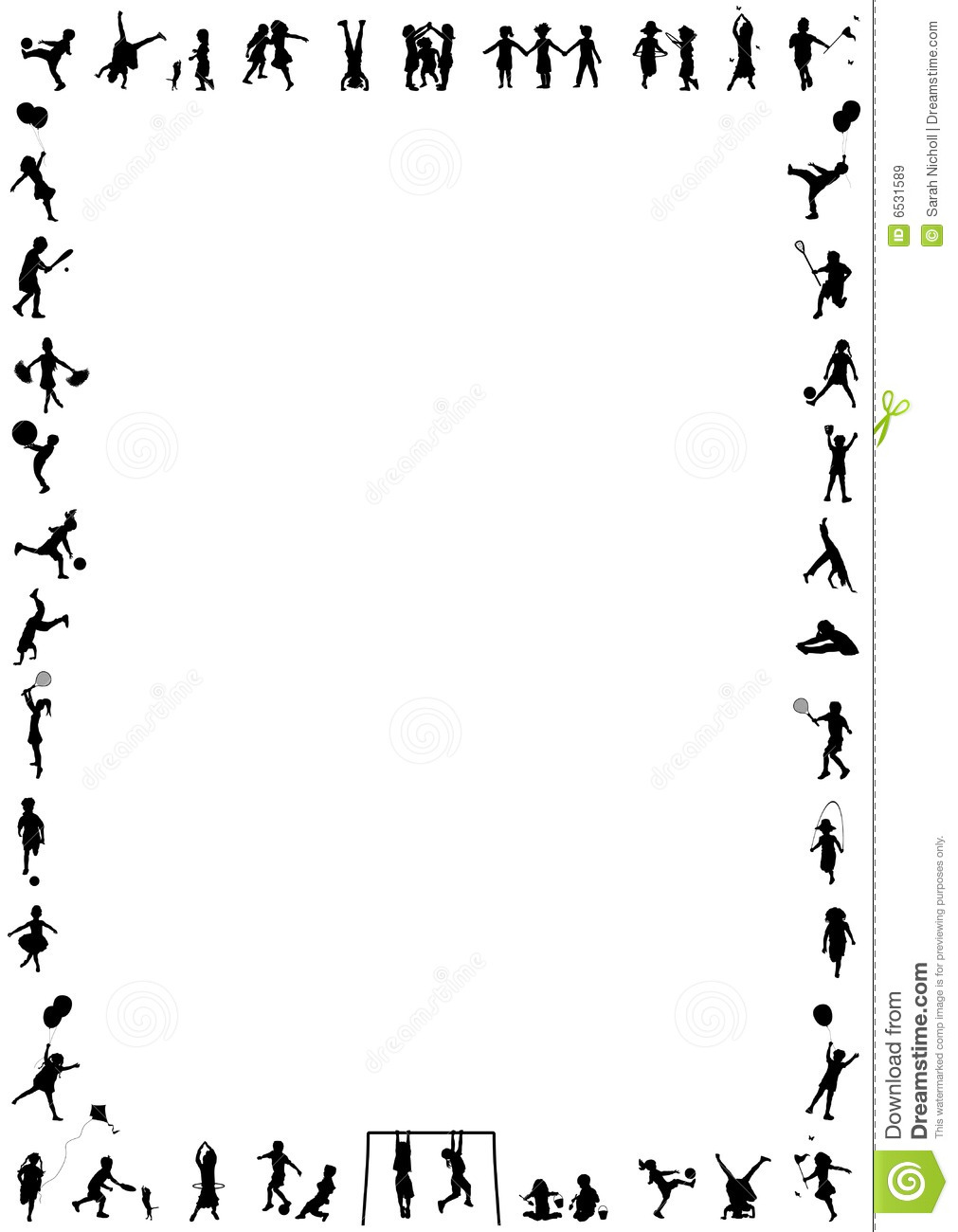
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Physical

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| **Area of Development** | **Autumn 1 Autumn 2** | | **Spring 1 Spring 2** | | | **Summer 1 Summer 2** | | |
| **PHYSICAL** | **RECEPTION** | | | | | | | |
| * Revise and refine the fundamental movement skills they have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping, climbing * 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. * Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor. * 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 the foundations of a handwriting style which is fast, accurate and efficient. * Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball. * Combine different movements with ease and fluency * Develop overall body-strength, balance, co-ordination and agility | | * 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. * Know and talk about the different factors that support their overall health and wellbeing: regular physical activity, healthy eating, tooth brushing, sensible amounts of ‘screen time’, having a good sleep routine, being a safe pedestrian * Develop overall body-strength, balance, co-ordination and agility * Further develop the skills they need to manage the school day successfully: lining up and queuing, mealtimes, personal hygiene. | | | |
| **EARLY LEARNING GOALS** | | | |
| **GROSS MOTOR SKILLS** | | **FINE MOTOR SKILLS** | |
| * **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.** | | * **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, paintbrushes and cutlery.** * **Begin to show accuracy and care when drawing.** | |
| **PE Sessions Mr Parkes** | **Baseline** | **Movement**  **Travelling** | **Ball skills** | **Dance** | | **Gymnastics** | | **Multiskills** |