

Physical Development (PE and Games)

<p>ELG</p>	<p>Gross Motor Skills</p> <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. 	<p>Fine Motor Skills</p> <ul style="list-style-type: none"> • 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
<p>Focus</p>	<p>Gross Motor</p>	<p>Fine Motor</p>
<p>Nursery 3 & 4 year olds will be learning to...</p>	<ul style="list-style-type: none"> • Continue to develop their movement, balancing and 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 and 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 movement 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. 	<ul style="list-style-type: none"> • Use a comfortable grip with good control when holding pens and pencils. • Use one handed tools and equipment, for example, making snips in paper and scissors. • Start to eat independently and learning how to use a knife and fork. • Show a preference for a dominant hand. • Be increasingly independent as they get dressed and undressed, for example, putting coats on a doing up zips.
<p>Reception 4 & 5 year olds will be learning to...</p>	<ul style="list-style-type: none"> • Revise and refine the fundamental movement skills they have already acquired: <ul style="list-style-type: none"> - 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. • 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. • Further develop and refine a range of ball skills including: <ul style="list-style-type: none"> - Throwing - Catching - Kicking - Passing - Batting - Aiming • Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball. 	<ul style="list-style-type: none"> • Develop their small motor skills so they can use a range of tools competently, safely and confidently. • Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor. • Develop the foundations of a handwriting style which is fast, accurate and efficient. • Know and talk about the different factors that support their overall health and wellbeing: <ul style="list-style-type: none"> - Regular physical activity - Healthy eating - Tooth brushing - Sensible amounts of 'screen time' - Having a good sleep routine - Being a safe pedestrian • Further develop the skills they need to manage the school day successfully <ul style="list-style-type: none"> - Lining up and queuing - Meal times

	Our World - Our responsibility		Our World - People and events that shaped it		Our World - Learning from the past and shaping the future		
Term	Autumn 1 All about me	Autumn 2 Park, Gardens and Christmas	Spring 1 Traditional Tales	Spring 2 Growing	Summer 1 Transport	Summer 2 Dinosaurs	
Nursery Focus	Settling in Fine Motor	Gymnastics Fine Motor	Ball Skills Fine Motor	Dance Fine Motor	Apparatus Fine Motor	Team Games Fine Motor	
Nursery Key Texts	<ul style="list-style-type: none"> 📖 Colour Monster starts school. 📖 Brown Bear What do you see? 📖 Polar bear, Polar bear What do you hear? 	<ul style="list-style-type: none"> 📖 Pumpkin Soup 📖 Handa's Surprise 📖 Going on a bear hunt 📖 Clean up 📖 The Nativity 📖 Dear Santa 	<ul style="list-style-type: none"> 📖 Goldilocks and three bears 📖 Little Red Riding Hood 📖 Three little pigs 📖 Elves and the shoemaker 	<ul style="list-style-type: none"> 📖 Titch 📖 The very hungry caterpillar 📖 Non-Fiction Lifecycle books 📖 Oliver's Vegetables 	<ul style="list-style-type: none"> 📖 Train ride 📖 Mr. Gumpy's motor car 📖 Noah's Ark 	<ul style="list-style-type: none"> 📖 Harry and his bucketful of dinosaurs 📖 Dear dinosaur 📖 Am I yours? 	
Nursery Learning Intentions Gross Motor	<ul style="list-style-type: none"> • We are learning to choose the correct resources to carry out our plan. • We are learning to climb apparatus safely. • We are learning to take part in group games. 	<ul style="list-style-type: none"> • We are learning to safely find a space. • We are learning to recognise the effect exercise has on our body. • We are learning to balance using the scooters, bikes and trikes 	<ul style="list-style-type: none"> • We are learning to throw and catch a large ball. • We are learning to use large muscles to wave flags and draw 	<ul style="list-style-type: none"> • We are learning to hold positions. • We are learning to remember a sequence of movements. • We are learning to use large muscles to wave flags and draw 	<ul style="list-style-type: none"> • We are learning to climb apparatus using alternate feet. • We are learning to collaborate to move large items 	<ul style="list-style-type: none"> • We are learning to take part in group games 	
Fine Motor	<ul style="list-style-type: none"> • We are learning to use a pincer grip. • We are learning to paint using circular, vertical, and horizontal strokes. • We are learning to roll, squash, squeezes, and pull play dough. • We are learning to use scissors safely. • We are learning to make snips in paper • We are learning to use cutlery. • We are learning to do up our coats using a zip. • We are learning to wash our hands 			<ul style="list-style-type: none"> • We are learning to form ladder letters correctly. • We are learning to form one armed robot letters 	<ul style="list-style-type: none"> • We are learning to form curly caterpillar letters • We are learning to form Zig Zag monster letters 	<ul style="list-style-type: none"> • We are learning to write our name • We are learning to write labels 	
Activities	<p>Gross Motor Skills</p> <ul style="list-style-type: none"> • Access to outdoor climbing frame and equipment • Discrete P.E. sessions in the hall • Ring games • Scarf Dancing • Write Dance 		<p>Fine Motor Skills</p> <ul style="list-style-type: none"> • Threading • Jigsaw puzzles • Sand and Water play • Playdough inc dough disco • Fuzzy felts • Colouring • Painting • Scissor skills • Using Cutlery 		<p>Gross Motor Skills</p> <ul style="list-style-type: none"> • Write Dance • Scarf dancing • Elves and the shoemaker dance • Help carry benches for P.E. • Use community blocks outside • Use benches to move across in different ways • Ring Games • Team games in preparation for sports day 		<p>Fine Motor Skills</p> <ul style="list-style-type: none"> • Continuation of Fine Motor activities from earlier in the year • Daily handwriting sessions to learn how to form letters correctly

Reception Focus	Spatial Awareness Fine Motor Skills	Gymnastics Fine Motor Skills	Dance Fine Motor Skills	Multiskills Fine Motor Skills	Basic Ball Skills through tennis Fine Motor Skills	Athletics and Sports Day Preparation Fine Motor Skills
Reception Key Texts	<ul style="list-style-type: none"> 📖 Owl Babies 📖 Funny Bones 📖 Here We Are 📖 All kinds of Families 📖 All kinds of People 📖 My Five Senses 	<ul style="list-style-type: none"> 📖 The Gruffalo 📖 Tidy 📖 Leaf Man 📖 The Nativity 	<ul style="list-style-type: none"> 📖 The Gingerbread Man 📖 The Gingerbread Girl 📖 The Three Billy Goats Gruff 📖 Troll Poem 	<ul style="list-style-type: none"> 📖 Jaspers Beanstalk 📖 The Ugly Duckling 📖 Sam's Seed 📖 Lifecycle non-fiction books. 	<ul style="list-style-type: none"> 📖 Lost and Found 📖 Mr. Gumpy's Outing 📖 Amelia Earhart 📖 Whatever Next 📖 Oi Get off our Train 📖 George Saves the World by Lunchtime 	<ul style="list-style-type: none"> 📖 Cake-o-Saurus Poem 📖 Dinosaur non-fiction books. 📖 Harry and the Bucketful of Dinosaurs. 📖 A Girl Called Mary
Reception Learning Intentions Gross Motor	<ul style="list-style-type: none"> • We are learning to negotiate space successfully, adjusting speed and changing directions. • We are learning to show increasing control over an object in pushing, patting, throwing, kicking and catching it. 	<ul style="list-style-type: none"> • We are learning to experiments with different ways of moving • We are learning to travel with confidence and skill through balancing • We are learning to jump off an object and land appropriately • We are learning to negotiate space successfully, adjusting speed and changing directions 	<ul style="list-style-type: none"> • We are learning to experiments with different ways of moving • We are learning to negotiate space successfully, adjusting speed and changing directions • We are learning to create movement to music. • We are learning to create a sequence of movements in response to music 	<ul style="list-style-type: none"> • We are learning to experiments with different ways of moving • We are learning to negotiate space successfully, adjusting speed and changing directions • We are learning to travel with confidence and skill over, under, around and through balancing and climbing equipment • We are learning to Jump off an object and land appropriately • We are learning to shows increasing control over an object in pushing, patting, throwing, kicking and catching it 	<ul style="list-style-type: none"> • We are learning to experiments with different ways of moving. • We are learning to negotiate space successfully, adjusting speed and changing directions. • We are learning to show increasing control over an object in pushing, patting, throwing, kicking and catching it. • We are learning to show a preference for a dominant hand 	<ul style="list-style-type: none"> • We are learning to show a preference for a dominant hand • We are learning to negotiates space successfully, adjusting speed and changing directions • We are learning to experiment with different ways of moving • We are learning to takes turns in a paired/group work • We are learning to travel with confidence and skill over, under, around and through balancing and climbing equipment
Fine Motor	<ul style="list-style-type: none"> • We are learning to use a pincer grip • We are learning to sit correctly at the table 	<ul style="list-style-type: none"> • We are learning to form ladder letters. • We are learning to form one armed robot letters. 	<ul style="list-style-type: none"> • We are learning to form curly caterpillar letters. • We are learning to form Zig Zag monster letters. 	<ul style="list-style-type: none"> • We are practising letter formation • We are learning how to write capital letters 	<ul style="list-style-type: none"> • We are learning to write a simple sentence with a capital letter full stop and finger spaces 	

Activities	Gross Motor Skills <ul style="list-style-type: none">• Take part in discrete weekly P.E. Sessions• Have daily access to the outside learning environment and encouragement to use scooters, bikes, trikes, climbing frame and P.E. equipment such as balls, hoops, skipping ropes	Fine Motor Skills <ul style="list-style-type: none">• Daily discrete handwriting• Threading• Sand and Water play• Playdough inc dough disco• Colouring and painting• Scissor skills• Using Cutlery
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