Knowledge, Skills and Understanding
Physical development

Nursery

3 & 4 year olds will be learning to:

- Continue to develop their movement – rolling, balancing, riding (scooters, trikes and bikes).
- Roll a ball to another person.
- Throw an object into a defined space.
- 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.
- 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.
- Use a range of one-handed tools and equipment e.g. pencils, paintbrush, cutters, glue stick.
- Thread objects onto a string.
- Use a pincer grip to pick up small objects.
- Hold scissors correctly and make snips in paper.
- Use a comfortable grip with good control when holding pens and pencils.
- Use a spoon to eat with control.
- Use a knife to spread.
- Show a preference for a dominant hand.
- Become increasingly independent as they get dressed and undressed, for example, putting coats on and doing up zips.
- Become increasingly independent in meeting their own care needs, e.g. using the toilet, washing and drying their hands thoroughly.
- Glide on a balance bike.

Core Texts	Core Experiences	Daily Routines
Oliver's Fruit Salad I Don't Want to Wash my Hands!	Visit to Barnby Park - climbing Gliding on a balance bike Exploring real fruit and vegetables	Duster Dance/Squiggle Whilst You Wiggle/Dough Disco Get ready for home time/outside play Outdoor area

Knowledge, Skills and Understanding
Physical Development

Reception

Reception children will be learning to:

Gross Motor	Fine Motor
• Further develop the skills they need to manage the school day successfully - Are they managing to line up and follow the person in front of them? Can they leave an appropriate space? • 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 care. • Develop overall body strength, co-ordination, balance and agility. • 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. • Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting and aiming. • Develop the overall body strength, co-ordination.	• Develop their small motor skills so that they can use a range of tools competently, safely and confidently: - safely cut along a line and around a shape, turning the paper when needed? - Develop a tripod pencil grip to use paintbrushes and pencils? - use writing implements with sufficient pressure? • Eat independently and use a knife and fork appropriately. • Develop the foundations of a handwriting style, so letter formation becomes automatic, efficient and fluent over time.

Knowledge, Skills and Understanding
Physical development

Reception – end of year expectations	
ELG **Gross Motor**	**ELG** **Fine Motor**
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.

Core Texts	Core Experiences	Daily Routines
Oliver's vegetables	Visit to Sherwood Avenue Park – climbing Walks to local areas – building stamina Riding a 2 wheeler bike/Bikeability Growing real fruit and vegetables Visit to allotments Visit from dentist Crossing a road - safety	Funky Fingers activities/Dough Disco Handwriting/name writing PE sessions Outdoor area Staff support in hall at dinnertime– cutlery focus