



Physical Development		
Throughout the year: <ul style="list-style-type: none"> • A wide range of resources and tools are made available in the classroom that aim to inspire creativity and build fine motor skills. • Children have access to scooters, bikes and trikes in our outside area so that children are able to develop their riding and balancing skills. • As well as access to the classroom Writing Area, children in reception have focused literacy sessions that include a writing activity; allowing them to improve their pencil grip and writing confidence. • Children experience 'Fresh Air Fridays' once a week where they are able to explore a naturally rich and varied landscape. This assists in the development of movement and balance; providing opportunities for children to move more freely. • Our outdoor environment provides opportunities for children to work with others, to move and explore larger loose parts. • Children are given weekly movement sessions with the schools P.E co-ordinator. 		Early Learning Goal Gross Motor Skills <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. Fine Motor Skills <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
Movement sessions		
Term	Key Vocabulary	Skills/Knowledge/Activities
Autumn 1-	Rolling, throwing, bouncing, high, low, arms, lift, push, target, up, down, arms, move, throw, catch, target, team, kick, ball, running, speed, run, walk, legs, bend, arm, lift, push, roll	Ball skills: <ul style="list-style-type: none"> • Revise all fundamental throwing skills that were previously acquired. - rolling - running - crawling - hopping - walking - skipping - jumping - climbing • Throw balls with increasing control towards a small target. • Begin to throw towards a person with the intention for them to catch. • Begin to bounce balls towards a human target with the intention for them to catch.

Autumn 2	Run, jump, throw, move, balance, speed, target, distance, jump, jumping, running, warm-up, cool-down, hop, walking, hopping, crawling, climbing	<p>Movement patterns:</p> <ul style="list-style-type: none"> • To run, hop and skip with increasing precision and co-ordination. • Children begin to move across varied PE equipment with increasing confidence. • Develop overall body-strength, balance and agility whilst moving in new ways.
Spring 1-	Dance, move, speed, fast, slow, quick, mood, happy, sad, cross, beat, tap, movement, actions, music, sing, beat, songs, rhymes, style, dancers, perform, rhythm, practice, balance	<p>Dance:</p> <ul style="list-style-type: none"> • Recap previous learning; how to move to music, and to a beat. • To follow patterns of movement to music with increasing confidence. • Beginning to recall and follow patterns of movement to music with ease and fluency. • To be able to move at different speeds to new rhythms and beats. • To develop the ability to represent themselves through dance. • To begin to explore and engage in music making and dance, performing solo or in groups.
Spring 2-	Run, jump, throw, move, speed, balls, throwing, catching, target, distance, running, high jump, long jump, warm-up, cool-down, hop, hoping, skipping, lift, lifting, team, teamwork, dance, balance	<p>Movement games:</p> <ul style="list-style-type: none"> • Display teamwork and play co-operatively. • To begin to demonstrate large muscle movement strength, co-ordination and balance during games. • To apply ball skills with increasing control during games.
Summer 1-	Throw, catch, target, team, kick, ball, running, speed, run, walk, legs, bend, arm, lift, push, roll	<p>Ball skills:</p> <ul style="list-style-type: none"> • Kicking with increasing confidence towards a small target. • Begin to smaller balls towards a human target with the intention for them to kick back. • Developing large muscle movements by kicking balls towards goals. • To move with increasing agility during ball games.
Summer 2-	Warm up, cool down, move, speed, skip, jump, high jump, long jump, hop, hopping, balance, dance, beat, tap, slow, fast,	<p>Movement skills:</p> <ul style="list-style-type: none"> • To display improved co-ordination whilst moving in different ways of moving (running, skipping, hopping) • Independently combining different movements during games in order to succeed. • Display large muscle strength during games by increasing movement speed. • Display core strength and balance skills by moving with agility.

