



Educational Programme taken from the Statutory Framework for the Early Years Foundation Stage September 2021

Physical Development

Physical activity is vital in children's all-round development, enabling them to pursue happy, healthy and active lives. Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child's strength, co-ordination and positional awareness through tummy time, crawling and play movement with both objects and adults. By creating games and providing opportunities for play both indoors and outdoors, adults can support children to develop their core strength, stability, balance, spatial awareness, co-ordination and agility. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being. Fine motor control and precision helps with hand-eye co-ordination, which is later linked to early literacy. Repeated and varied opportunities to explore and play with small world activities, puzzles, arts and crafts and the practice of using small tools, with feedback and support from adults, allow children to develop proficiency, control and confidence.



| | Using Equipment | Games | Dance | Gymnastics | Athletics |
|------------------|---|--|---|--|--|
| Nursery | Use shoulder, elbow and wrist pivot when using equipment and resources e.g., sweeping leaves, large scale mark making Accurately pour to and from large containers e.g., a bucket to a bucket Thread large beads Hold a fork/spoon and use it effectively Make snips in paper Cut along a thick, straight line Squeeze, pinch, cut e.g., playdough Use whole hand grip when using tools e.g., whole hand scissors | Catch a bean bag/quoit Roll a ball Kick a ball Change speed Change direction Move safely in a space Work as part of a group to move a large item | Respond appropriately to music with their body e.g., moving slowly to 'slow' music Complete movements to music e.g., action rhymes | Belly crawl Cross crawl Complete a log roll Walk along a bench or balance track Jump from two feet to two feet | Play a game with another person |
| Reception | Use more refined movements e.g., from wrist pivot Develop digit isolation Accurately pour to and from small containers e.g., a jug to a cup Thread small beads Use a knife and fork Cut along a thin, straight line Cut along a curved line Complete anticlockwise and clockwise movements Complete a vertical retrace Draw diagonal lines including an x Use a tripod or pincer grip e.g., when holding a pencil, completing a jigsaw etc. Select the appropriate equipment for them e.g., left-handed or right-handed scissors | Bounce and catch a ball Catch a thrown ball Hit a ball with a bat/racquet Throw overarm Throw underarm Hit a target e.g., score a goal, basketball in a hoop etc. Balance an item e.g (bean bag on their head, dinner tray) and move with it Run for a sustained length of time e.g., competing in a race | Move in time to music Remember and repeat a sequence of movements Make up a sequence of movements | Cross the midline Balance on one leg Move along a bench in a variety of ways Walk up a sloped bench Climb using alternate feet Jump from a low height and land safely on two feet | Complete an obstacle course Compete in a race |