

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.

Development of skills in EYFS		Development of skills in Year 1	Key vocabulary
<p>GMS</p> <p><u>Gymnastics skills</u></p> <p>Ways of moving on and off the equipment-jumping, hopping, sliding, skipping, running, jogging, galloping.</p> <p>Climbing</p> <p>Balance</p> <p>Stability</p> <p>Co-ordination</p> <p><u>Condition, Health and Well-being</u></p> <p>Spatial awareness</p> <p>Safe landings from equipment</p> <p>Warm up</p> <p><u>Decision Making</u></p> <p>Take risks</p> <p>Talk about ways of moving and performance.</p> <p><u>Games skills</u></p> <p><u>Use of different equipment</u></p> <p>Throwing</p> <p>Catching</p> <p>Kicking</p> <p>Rolling</p> <p>Sending</p> <p>Receiving</p>		<p>P.E</p> <p>Indoor P.E will be exploring music and movement in dance and outdoor P.E we will be learning how to catch and throw. working with partners and in small teams to improve sending and receiving skills. inventing our own team games.</p> <p><u>Skills</u></p> <p>To move and be still under basic control so that movements are performed with accuracy and clarity.</p> <p>To repeat and co-ordinate simple movement combinations so that they link together.</p> <p>To use simple equipment with purpose and basic control.</p> <p>Develop ball skills-throwing and catching, sending and receiving.</p> <p>Develop own games.</p> <p><u>Condition, Health and Well-being</u></p> <p>To find and use space well showing an awareness of others and basic safety. How to use simple tactics and compositional ideas with consistency. Some simple things they can do to be healthy.</p> <p><u>Decision Making</u></p> <p>To recognise and copy simple actions and follow basic instructions with some accuracy.</p> <p>To describe what they and others are doing with some accuracy.</p>	<p>Warm up</p> <p>Heart</p> <p>Muscles</p> <p>Blood</p> <p>Pumping</p> <p>Agility table</p> <p>Mats</p> <p>Wall bars</p> <p>Monkey bars</p> <p>jumping</p> <p>hopping</p> <p>sliding</p> <p>skipping</p> <p>running</p> <p>jogging</p> <p>galloping</p> <p>monkey bars</p> <p>ladders</p> <p>bikes</p> <p>scooters</p> <p>balance bikes</p>

<p><u>Forest school</u> Climbing Balancing Sliding Balance Stability Co-ordination <u>Condition, Health and Well-being</u> Spatial awareness Safe landings from equipment <u>Decision Making</u> Take risks Compare to different environment</p> <p><u>Ride on toys and playground equipment</u> Ways of moving on and off the equipment. Climbing Balance Stability Co-ordination Pedalling scooting <u>Condition, Health and Well-being</u> Spatial awareness Safe landings from playground equipment</p> <p><u>Dancing</u> Balance Stability Co-ordination Cooperation performance</p>		<p>To come up with and suggest ideas that relate to their performance</p>	
<p>Enrichment: Seaford Town Football Club visit with mascot, Jolf, Rockpooling-climbing on rocks.</p>			

Visitors:

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ELG: Gross Motor Skills Children at the expected level of development will: - 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.

ELG: Fine Motor Skills Children at the expected level of development will: - 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, paint brushes and cutlery; - Begin to show accuracy and care when drawing.