

### Physical Development

By the end of EYFS,

**Gross Motor Skills ELG** Chn 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.

**Fine Motor Skills ELG** Chn 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

### Autumn Term

#### Gross Motor Skills

- Chn will know how to stop and start on instruction
- Chn will know what being in a space means (modelled)
- Chn will know how to move safely in a space eg hall/playground without touching anybody. This will be at walking pace initially.
- Chn will know how to use equipment safely eg bikes & trikes and move around the environment
- Chn will know how to bounce a ball and catch it
- Chn will know and notice how their bodies change when moving-heart rate/breathing rate/body temperature
- Chn will recognise when things may be risky with support from an adult (Model and scaffold resolution)

#### Fine Motor Skills

- Chn will know how to hold a knife and fork
- Establish left and right hand dominance
- Chn will know how to hold a pencil. Model and correct misconceptions.
- Chn will know how to press, lace and trace to develop pincer grip
- Chn will know to apply the correct pressure (address misconceptions)
- Chn will know how to follow a straight line horizontally and vertically
- Chn will know how to follow a pattern (zigzag/wave/swirl)
- Chn will know how to form the letters as set out in RWI (see Literacy & Strong Start)
- Chn will know that letter formation and writing is part of every area of provision

	<ul style="list-style-type: none"> <li>• Chn will know how to hold other equipment that will be needed in the setting eg paintbrush, glue spreader, scissors and use safely</li> </ul>
<b><u>Assessment</u></b>	
<ul style="list-style-type: none"> <li>• Chn negotiate moving around in an open space without impacting on others</li> <li>• Chn find a space and put themselves in it</li> <li>• Chn can bounce a ball and catch it</li> <li>• Chn understand that their bodies change with exercise</li> </ul>	<ul style="list-style-type: none"> <li>• Chn draw controlled line and patterns</li> <li>• Children hold a pencil in their preferred hand</li> <li>• Chn select and safely use equipment in the setting</li> </ul>

<b><u>Spring Term</u></b>	
<b><u>Gross Motor Skills</u></b>	<b><u>Fine Motor Skills</u></b>
<ul style="list-style-type: none"> <li>• Chn will know how to adjust speed under command</li> <li>• Chn will know how to change direction under command</li> <li>• Chn will know how to jump from 2 feet to 2 feet</li> <li>• Chn will know how to perform a good running action</li> <li>• Chn will know how to throw a beanbag/ball in a direction</li> <li>• Chn will know how to catch a beanbag/ball with two hands</li> <li>• Chn will know how to perform an underarm throw</li> <li>• Chn will know that their bodies change when exercising</li> <li>• Chn will know that exercise is good for the body as it gets the heart pumping and keeps them healthy</li> <li>• Chn will know that their body can respond to different types of music</li> <li>• Chn will know how to move in different speeds to the music</li> <li>• Chn will know how to follow a set of instructions for how to move to music</li> </ul>	<ul style="list-style-type: none"> <li>• Chn will know how to undo and do up buttons, press studs, zips</li> <li>• Chn will know how to use a range of materials to fix and join</li> <li>• Chn will know how to control paint and glue appropriately for the job they want to do</li> <li>• Chn will know how to choose the correct paintbrush for the job</li> <li>• Chn will know how to use equipment independently eg paintbrush, glue spreader, scissors &amp; use safely</li> <li>• Chn will know how to form the letters as set out in RWI</li> </ul>

<b><u>Assessment</u></b>	
<ul style="list-style-type: none"> <li>• Chn perform an underarm throw</li> <li>• Chn can copy a series of movements</li> <li>• Chn know that exercise is good for your body</li> </ul>	<ul style="list-style-type: none"> <li>• Chn dress and undress independently</li> <li>• Chn correctly form the letters as set out in RWI</li> </ul>
<b><u>Summer Term</u></b>	
<b><u>Gross Motor Skills</u></b>	<b><u>Fine Motor Skills</u></b>
<ul style="list-style-type: none"> <li>• Chn will know how to travel in different ways eg hop, skip, run..</li> <li>• Chn will know how to pass a ball back and forth with a partner</li> </ul>	<ul style="list-style-type: none"> <li>• Chn will know how to select the correct piece of equipment for the job they need and use it correctly</li> <li>• Chn will show accuracy and care when drawing</li> <li>• Chn will know how to form the letters as set out in RWI</li> </ul>