

## Physical Development Development Progression of Skills

Area of Learning	Autumn	Spring	Summer	ELG Children at the expected level of development will:
Gross Motor Skills	<ul style="list-style-type: none"> <li>-develop <b>core strength, stability and coordination</b> and spatial awareness, children practise whole body movements 'Animal moves' starting with flexion exercises.</li> <li>-develop core strength and coordination, using whole body movements for 'sword school' to learn direction of letters and practise crossing the mid-line.</li> <li>-develop <b>spatial awareness</b> through lining up and sitting in a line for Worship.</li> <li>-develop core strength, and coordination, spatial awareness through parachute games</li> <li>-develop coordination by following movement patterns to songs The Learning Station – <a href="https://www.youtube.com/watch?v=SSQdat5PPQw">https://www.youtube.com/watch?v=SSQdat5PPQw</a></li> </ul>	<ul style="list-style-type: none"> <li>-develop <b>core strength, stability and coordination</b> children practise whole body movements 'Animal moves' developing extension and rotation exercises.</li> <li>-develop coordination by following movement patterns to songs</li> <li>-develop stamina and strength by exploring our wider environment around the school fields for longer welly walks.</li> <li>-develop coordination, balance through Circus Skills</li> </ul>	<ul style="list-style-type: none"> <li>-develop <b>core strength, stability and coordination and control</b>, children practise whole body movements 'Animal moves' to strengthen the girdle and bilateral intergration.</li> <li>-develop strength, coordination and agility through designing and playing with obstacle courses using tyres, planks, dens, chalk marks, chairs etc.</li> <li>-develop <b>spatial awareness</b>, balance and agility and stamina through the opportunity to climb trees on welly walks to the woods.</li> </ul>	<ul style="list-style-type: none"> <li>.-negotiate space and obstacles safely with consideration for themselves and others.</li> <li>-demonstrate strength, balance and co-ordination when playing.</li> <li>-move energetically such as running, jumping, dancing, hopping, skipping and climbing.</li> </ul>
Fine Motor Skills	<ul style="list-style-type: none"> <li>-develop <b>agility and coordination</b> through finger rhymes and games</li> <li>-develop strength through using 'cloud dough' progressing onto playdough using hammers and object to press into the dough to make an impression like shells, feathers, stones and wooden blocks, rolling pins.</li> <li>-use scissors to snip small pieces of paper or card, dough,</li> <li>-use paper to tear and crumple</li> <li>-have the opportunity to use knives for chopping squash and pumpkin.</li> </ul>	<ul style="list-style-type: none"> <li>-develop <b>strength</b> using playdough with cutters and finer tools like knives and tools to make different marks.</li> <li>-use scissors to make consecutive cuts i.e. lanterns, lines.</li> <li>Cut different materials like card, foil and paper.</li> <li>-use different techniques for fixing models together, cutting slits and fixing paper tabs.</li> <li>-explicitly teach and practise <b>letter formation</b> using white boards and pens and through provision using pencil, pens and paper correcting pencil grip.</li> </ul>	<ul style="list-style-type: none"> <li>-develop <b>strength and manipulation and precision</b> using clay and clay tools.</li> <li>-use scissors to change direction i.e. Cutting out a square, rectangle, circle, encourage to use both hands to turn the paper.</li> <li>-use more complex ways of fixing models and books by using paper punch, treasury tags and ties.</li> <li>-threading pasta to make friendship bracelets.</li> <li>-through cooking, <b>develop coordination</b> through the correct use of cooking utensils.</li> <li>-develop <b>fine motor skills and coordination</b> through sewing</li> </ul>	<ul style="list-style-type: none"> <li>-hold a pencil effectively in preparation for fluent writing using tripod grip in almost all cases.</li> <li>-use a range of small tools, including scissors, paint brushes and cutlery.</li> <li>-begin to show accuracy and care when drawing.</li> </ul>

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		-introduce a range of pens, pencils, charcoal and pastels for drawing -use knives for chopping fruit and vegetables for snack (Charter Market visit)	-use fingers and small digging tools for sorting, handling and planting seeds and weeding in the garden area, digging for worms.	
PE				
GYM	Body Conditioning, Travelling across the floor, Balance, Flight vault			
Daily Provision & opportunities	Lunch time play on large playground and field, use of outdoor apparatus, Windsor Walk, Welly Walks, Forest Mornings, tree climbing, Nature Fridays- outdoor playground, moving tyres, digging, carrying, basket ball, beanbag through, skittles, bikes and trikes, balance boards, wheel barrows, bricks for building, outdoor provision carrying water buckets, water channels, building dens, using pegs, carrying sand, digging, large tarpaulin for painting using large rollers and paint brushes, spray water bottles, water toys including nets. Investigation area, filling transporting, loose parts building planks and bricks. Indoor provision includes; den building use of pegs, dressing themselves in costume, baby dolls, small world, construction, ladder, art and crafts; scissors, paintbrushes, glue, rollers, dabbers, playdough and clay tools and cutters, dry sand, wet sand.			
Vocabulary				