Physical Development *Foundation*	*Children will learn to:*		
Term/Year group	*F2*	*F1 N2*	*F1 N1*
Autumn 1 *Me and my family*	*- Know the rules of p.e.* *- Walk upstairs with confidence in the line, using the handrail* *- Use strength to move on the bouncy hopper from one place to another* *- Make space when walking around the outdoor area, classroom and hall.* *- Refine jumping and climbing movements.* ***Complete PE – Dance – ourselves*** *- Write letters from their name that are easily read by others.* *- Connect pieces of construction equipment together.* *- Make marks on paper that go from left to right.*	*- Climb the up the front part of the climbing equipment.* *- Sit crossed legged on the carpet.* *- Pull down trousers independently to use the toilet.* *- Make snips on paper using scissors.*	
Autumn 2 *Travel and transport*	*- Be able to travel in different ways, jumping, crawling and running.* *- Move equipment, such as large loose parts and tyres, to build something with purpose.* *- Begin to develop skills in throwing – working towards throwing in accurate direction.* *- Show understanding of how to catch different items – placing hands in correct position, keeping eyes on the equipment.* ***Complete PE – Ball Skills – Hands*** *- Hold pencil correctly with tripod grip.*	*- To walk across a small platform on the floor with balance e.g. a plank.* *- Put coat on independently.* *- Go upstairs using alternate feet.* *- Begin cutting a line on paper, with scissors.* *- Attempt to put their zip together on their coat.*	

	- Use scissors to cut out something from a piece of paper. - Put zip together on coat.		
Spring 1 Once upon a time	- To move their body in way that makes them higher or lower. - To move under and over equipment. - Put on some simple costumes independently for dressing up. - Move large objects fluently in order to use them as props within role play. - Refine rolling and crawling and hopping movements. **Complete PE – Gymnastics – Moving** - Thread through small holes independently.	- Put coat on independently. - Move some large lose parts within outdoor continuous provision. - Use large muscle movements to paint and mark make on large resources. - Thread large beads onto string independently. - Roll playdough and begin to manipulate playdough into specific shapes for purpose.	- Turn a single page of a book. - Paint with wrist actions – dots and lines. - Squeeze and pull playdough to work towards making something. - Use large muscle movements to wave objects and play large musical instruments.
Spring 2 Royalty	- Move and use large equipment to make dens and other structures. - Use knife and fork with confidence to eat their meal independently without hands most of the time. - Develop skills when using feet to move a ball. Move ball around without losing control on most occasions. - Kick a ball with some strength. **Complete PE – Ball Skills – Feet** - Use woodwork tools – hammer, screwdriver effectively with safe grip.	- Move in different ways to represent aspects of stories. - Independently put on accessories to dress up. - Attempt to catch large items, such as basketballs. - Jump over an object and land on feet safely. **Complete PE – Dance – Nursery Rhymes** - Use small motor skills to work in the creative area, adding small pieces to boxes and paper.	- Manipulate loose parts into desired spaces. - Make marks on paper, using an appropriate grip on tool. - Use construction pieces for a purpose when modelled by an adult. - Jump in place
Summer 1 My place in the world	- To show greater accuracy and understand where they need to aim when throwing. - Use strength to throw a ball above head height e.g. to shoot at the basketball net with some accuracy.	- Balance on some climbing equipment without holding any support. - Able to use a variety of drawing and mark making tools. **Complete PE – Locomotion – Jumping**	- Opens and closes blades on scissors. - To draw circles using a pencil - Climb and balance on large loose parts – e.g. crates.

	Complete PE – Gymnastics – High low over under *- Record letters with some consistency in size*	*- To draw straight lines to create shapes such as a square.*	
Summer 2 *Growing*	*- To develop skills using bats and rackets. Know how to swing racket and how to hold in an appropriate way.* *- To run fluently being able to change direction and avoid obstacles.* ***Complete PE – Ball skills – Rackets, bats, balls and balloons.*** *- Form most letters correctly.* *- Cut accurately straight and curved lines.* *- Begin to sit letters on the line.*	*- To use controlled movements to dig.* *- To stand on one leg and attempt to hop for more than one movement.* ***Complete PE – Attack and Defence – Games for understanding*** *- Begin forming letters from their name.* *- Use pencil with control to create drawings that are representative of what I want to draw.* *- Show preference for a dominant hand.*	*- Draw in different directions.* *- Explore the outdoor area with confidence, safely moving from one area to another, around obstacles.* *- Roll and throw balls in the direction they were roughly intended.*
	Early Learning Gaols ***Physical Development*** *Gross Motor Skills ELG* *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.* *Fine Motor Skills ELG* *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.*		