

Early Years Foundation Stage

Physical Development							
Skill	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Early Learning Goal
Gross motor skills	<ul style="list-style-type: none"> To develop core strength. To steer a large ball with the foot. To move safely in a space. To stop safely. To develop control when using equipment. To follow a path and take turns. 	<ul style="list-style-type: none"> To move in different ways: over/under/backwards/forwards. To adjust speed. To travel with different parts of body on floor. To balance. To run and stop. To change direction. To jump and hop. 	<ul style="list-style-type: none"> To balance and jump. To use different balances & jump off equipment. To jump 1 foot to 2 feet, explore 1-2-1 sequence (hopscotch). To work cooperatively with a partner. To roll and track a ball. To dribble using hands. To throw and catch with a partner. 	<ul style="list-style-type: none"> To move to music. To put together a sequence of balances and movements. To create short sequences using shapes, balances, and travelling actions. To balance and safely use apparatus. To jump and land safely from a height. To develop rocking and rolling. <p>To explore travelling around, over and through apparatus.</p>	<ul style="list-style-type: none"> To throw and catch a ball, scarf and a hoop. To kick a ball to a target. To bounce ball with a bat. To use counting to help to stay in time with the music when copying and creating actions. To move safely with confidence and imagination, communicating ideas through movement. To move with control and coordination, expressing ideas. 	<ul style="list-style-type: none"> To play team games. To aim at a target i.e. balls, hoops, and quoits. To kick a ball to a target. To dribble a ball using feet. To develop accuracy when throwing to a target. To practice keeping a score. To learn to play against an opponent. To play by the rules and develop coordination. 	<p>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.</p>
Fine Motor Skills	<ul style="list-style-type: none"> To use a dominant hand. To have secure shoulder, write, and elbow pivot movements. To develop hand strength. To mark make using different shapes. To use tweezers to transfer objects. To use large pegs. To hold scissors correctly and make snips in paper. 	<ul style="list-style-type: none"> To begin to use anticlockwise movement and retrace vertical lines. To hold scissors correctly and cut along a straight and zigzagged line. To accurately draw lines, circles, and shapes to draw pictures. To hold a fork and a spoon correctly. 	<ul style="list-style-type: none"> To use a tripod grip when using mark making tools. To hold scissors correctly and cut along a curved line. To thread small beads. To use small pegs. <p>To write taught letters using correct letter formation.</p>	<ul style="list-style-type: none"> To hold scissors correctly and cut out large shapes. <p>To write letters using the correct letter formation and control the size of letters.</p>	<ul style="list-style-type: none"> To hold scissors correctly and cut out small shapes. <p>To paint using thinner paintbrushes.</p>	<ul style="list-style-type: none"> To hold scissors correctly and cut various materials. To create drawings with details. To independently use a knife, fork, and spoon to eat a range of meals. To be confident in their skills as a writer. 	<p>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.</p>



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