

What does Physical Development look like in the Early Years Foundation Stage?



The EYFS Statutory Educational Programme: 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.

Specific examples of Physical Development at Marsh Green

Three and Four-Year-Olds

• Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills. • Go up steps and stairs, or climb up apparatus, using alternate feet. • Skip, hop, stand on one leg and hold a pose for a game like musical statues. • Use large-muscle movements to wave flags and streamers, paint and make marks. • Start taking part in some group activities which they make up for themselves, or in teams. • Are increasingly able to use and remember sequences and patterns of music that are related to music and rhythm. • Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width. • Choose the right resources to carry out their own plan. For example, choosing a spade to enlarge a small hole they dug with a trowel. • Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks. • Show a preference for a dominant hand. • Be increasingly independent as they get dressed and undressed. For example, putting coats on and doing up zips.

Reception Age

Revise and refine the fundamental movement skills they have already acquired: - rolling - running - crawling - hopping - walking - skipping - jumping - climbing • Progress towards a more fluent style of moving, with developing control and grace. • Develop overall body-strength, balance, coordination and agility needed to engage successfully with future physical education sessions and other physical disciplines, including dance, gymnastics, sport and swimming. • Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor. • Combine different movements with ease and fluency. • Confidently and safely use a range of large and small apparatus indoors and outdoors, alone and in a group. • Develop overall body strength, balance, coordination and agility. • Know and talk about the different factors that support overall health and wellbeing: - regular physical activity

Early Learning Goal

• 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.

All children are independently taught to put on their coat, zip up their coat and dress/undress themselves.

Autumn

Nursery

Fine Motor: Holding small tools, manipulating playdough, holding mark making tools, using joining materials and scissor cutting (snips).

Gross Motor: Climbing frame (stairs), large movements e.g. brushes on the floor, ribbons, riding scooters/bikes, different body movements.

Reception

Fine Motor: Scissor cutting, pencil grip, knives and forks and paint brushes.

Gross Motor: Bike Riding/Balancing, exploring different ways of moving e.g. running, hopping and skipping.

Spring

Nursery

Fine Motor: Holding a pencil following patterns/introduce letter formation (for children who are ready) Practice using a knife and fork.

Gross Motor: Large parachute games and ring games, manoeuvring in construction and selecting different ways to move. Children to work collaboratively with each other.

Reception

Fine Motor: Practice cutting shapes/lines Handwriting rhymes- rainbow letters

Gross Motor: **Ball Skills - Throwing**, catching, passing, aiming, kicking, passing and aiming.

Summer

Nursery

Fine Motor: Writing letters

Gross Motor: Riding skills – riding a bike and then practicing going around obstacles

Reception

Fine Motor: Handwriting size ascenders and descenders and practicing number formation.

Gross Motor: Obstacle courses - tyres, planks, ropes, monkey bars. Practicing riding scooters going around different obstacles.