

Physical development	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. By creating games and providing opportunities for play both indoors and outdoors, adults can support children to develop their core strength, stability, balance, spatial awareness, co-ordination and agility. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being. Fine motor control and precision helps with hand-eye co-ordination, which is later linked to early literacy. Repeated and varied opportunities to explore and play with small world activities, puzzles, arts and crafts and the practice of using small tools, with feedback and support from adults, allow children to develop proficiency, control and confidence.					
Ongoing throughout the year	Develop skills needed to manage the school day such as lining up and mealtimes Daily access to large outdoor space to run freely, climb, slide, build, use scooters and bikes, balls Revise and refine the fundamental movements skills they have already acquired-rolling, crawling, walking, jumping, running, hopping, skipping, climbing Develop overall body strength, co-ordination, balance and agility needed to engage in future P.E					
Gross Motor	Autumn 1 Children will learn to manover and use large scale equipment outside Sporting influence- key skills	Autumn 2 Children will learn to hop, jump and skip using a skipping rope. Run and walk for a sustained distance Sporting influence- core and dance	Spring 1 Children will develop and refine a range of ball skills including throwing, catching, kicking, passing, batting and aiming Sporting influence- core gymnastics	Spring 2 Walk Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball Sporting influence -core and key skills	Summer 1 Bikability Combine different movements with ease and fluency Sporting influence- net and wall	Summer 2 Swimming Confidently & safely use a range of large & small apparatus indoors & outdoors, alone & in a group Develop overall body strength, balance, coordination & agility Sporting influence- net and wall
Fine motor Handwriting- see literacy (writing)	Show a preference for a dominant hand Put on coat independently and try to do up buttons and zip independently Use scissors with increasing control -Adult led-scissor skills, dough gym, large painting Encourage children to cut up their food independently modelling the correct way to use knife and fork. Develop small motor skills so that they can use a range of tools competently, safely and confidently Develop finger strength within provision-colouring, scissor activities, craft and junk modelling, small construction, zips, buttons, painting, woodwork Adult led-scissor skills, dough gym, pencil grip-name writing Adult to encourage independent dressing during P.E Develop small motor skills so that they can use a range of tools competently, safely and confidently Develop finger strength within provision-colouring, scissor activities, craft and junk modelling, small construction, zips, buttons, painting, woodwork Encourage a tripod grip for effective writing Adult led- handwriting, scissor skills, pencil grip VC and CVC writing Adult to encourage independent dressing during P.E sessions Develop small motor skills so that they can use a range of tools competently, safely and confidently Develop finger strength within provision-colouring, scissor activities, craft and junk modelling, small construction, zips, buttons, painting, woodwork Encourage a tripod grip for effective writing begin to develop foundations of a handwriting style Adult led- handwriting, scissor skills, pencil grip VC and CVC writing Children to dress independently with little adult support					