



Physical Development Long Term Plan

Physical Development					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p style="text-align: center;"><u>Gross Motor Skills</u></p> <ul style="list-style-type: none"> *Revise and refine the fundamental movement skills they have already acquired: - <i>rolling - crawling - walking - jumping - running - hopping - skipping - climbing.</i> *Begin to develop overall body-strength, balance, co-ordination and agility - developing upper body strength, balance, upper arm movements, crossing the midline. bilateral coordination. *Begin to use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor. *Begin to combine different movements with ease and fluency. *Begin to confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. *Develop and control a range of skills including: <i>throwing, catching, kicking - developing upper arm movements, crossing the midline, bilateral coordination using an object e.g. bean bag, large ball.</i> *Further develop the skills they need to manage the school day successfully: lining up and queuing, mealtimes, personal hygiene. <p style="text-align: center;"><u>Fine Motor Skills</u></p> <ul style="list-style-type: none"> *Use a comfortable grip with good control when holding pens and pencils. *Use one-handed tools and equipment, for example, making snips in paper with scissors. * Show preference to a dominant hand. *Develop fine motor skills so that they can use a range of tools safely and confidently e.g. pencils for drawing and writing, paintbrushes, scissors, knives, forks and spoons. * Use a pencil and hold it effectively with correct pencil grip - pincer grip - strength in grip. *Begin to form lower case letters correctly using formation rhyme. 	<p style="text-align: center;"><u>Gross Motor Skills</u></p> <ul style="list-style-type: none"> *Continue to refine the fundamental movement skills they have already acquired: - <i>rolling - crawling - walking - jumping - running - hopping - skipping - climbing.</i> *Begin to progress towards a more fluent style of moving, with developing control and grace. *Continue to develop overall body-strength, balance, co-ordination and agility - developing upper body strength, balance, upper arm movements, crossing the midline. bilateral coordination. *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 outside, alone and in a group. *Further develop and refine a range of ball skills including: <i>passing, batting and aiming.</i> <p style="text-align: center;"><u>Fine Motor Skills</u></p> <ul style="list-style-type: none"> *Develop small motor skills so that they can use a range of tools competently, safely and confidently e.g. pencils for drawing and writing, paintbrushes, scissors, knives, forks and spoons. *Begin to develop a handwriting style - lower case and upper case letters - using formation rhymes, developing speed and accuracy. 	<p style="text-align: center;"><u>Gross Motor Skills</u></p> <ul style="list-style-type: none"> *Confidently control a ball in a variety of ways when engaged in ball games and activities. *Negotiate space and obstacles safely, with consideration for themselves and others. *Combine different movements with ease and fluency. *Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. *Move in a range of ways with competence and control e.g. running, jumping, dancing, hopping, skipping and climbing. <p style="text-align: center;"><u>Fine Motor Skills</u></p> <ul style="list-style-type: none"> *Hold a pencil with control and write or draw with confidence. *Use a range of small tools - scissors, cutlery, paintbrushes, small construction. 			

PHYSICAL DEVELOPMENT EARLY LEARNING GOALS

Gross Motor Skills

• 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

• 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, paintbrushes and cutlery. • Begin to show accuracy and care when drawing.