



# Physical Development Nursery - Long Term Plan

## The Reception expectations in PSED Where are children going?

### 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.

	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
<b>General yearly Physical Development progression</b>	<ul style="list-style-type: none"> <li>• Supporting children to pick up heavier items with two hands and handling heavier objects carefully – or asking for support.</li> <li>• Balancing on one foot for short periods of time – still or hopping.</li> <li>• Learning to climb with care.</li> <li>• Learning to navigate simple obstacles e.g. walking across planks, jumping off small steps.</li> <li>• Learning how to co-ordinate a large ball e.g. rolling, throwing, catching, playing games.</li> <li>• Learning to ride a balance bike by ‘scooting’ along and using feet as brakes.</li> </ul>					
<b>Gross Motor Development</b>  Intent Vocabulary Implementation	Walk and crawl confidently. Climb using two feet at a time. Knowing how to scoop and pour e.g. sand, mud. To run around the setting with some control and direction. Clapping and stamping to music.  Walk, crawl, skill, carefully, safe, safely, scoop, use, pour, dig, tools, sand, mud,	Begin to move slowly on a balance bike. Begin to use a climbing frame with support from an adult. Being able to use a swing with some independence.  Balance, careful, bike, safe, safely, climb, high, feet, watch, hands, help, swing, kick, move, jump.	Children putting on their own coat (needing support to do their coat up still), Children putting on their own shoes. Going up and down stairs with control and balance.  Coat, independently, by yourself, help, ask, shoes, up, down,	Children can kick a large ball with some control. Children can throw a ball with some control. To begin to balance on one leg. To dance with control using different parts of their body. To use the available equipment to create an obstacle course to navigate.	To use a balance bike more confidently. To run with more confidence and skill. To independently use a climbing frame or similar resource, To begin to show good posture when sitting on the carpet.  Balance, bike, look, watch, careful, skill, navigate, independently, climb,	To make up own movements with their body. To begin to use their core muscle strength to achieve good posture when sitting on the floor or at the table. To be able to climb safely. Children choosing the right equipment to move safely.  Dance, Move, Sit, sitting up, straight, smart sitting,

	<p>water, run, careful, clapping, stamping.</p> <p>Children playing games that involve walking and crawling, adults modelling good posture when walking and crawling, children supported on a climbing frame physically and verbally, children having access to mud, sand, water, children dancing and clapping during a guided singing time.</p>	<p>Children using balance bikes with guidance from adults in the provision, children having access to a climbing frame and supported to use them, children using a swing and verbally supported or modelled to – how to use.</p>	<p>watch, careful, safely, control, balance.</p> <p>Children encouraged to put on their coat and shown how to do this step by step, children encouraged to put on their shoes and shown how to do this step by step, children going up and down stairs to develop confidence and independence to do so.</p>	<p>Kick, large, ball, hands, feet, fast, slow, watch, control, balance, leg, hop, jump, still, dance, obstacle, move, jump.</p> <p>Children having a range of different sized balls to play with independently, children supported to balance on one leg and playing games where they balance on one leg, children provided with music to dance to and adults to model dances for children to follow.</p>	<p>frame, careful, safe, straight, cross legs, cross arms, smart sitting.</p> <p>Children having access to balance bikes to use independently, Children having access to a climbing frame and obstacle like equipment, children given time to sit and listen on the carpet and supported to sit correctly during this time.</p>	<p>posture, floor, carpet, table, pen, pencil, scissors, ball, racket, rope, cone.</p> <p>Children having music to dance to and move to, Children sitting at tables, sitting on the carpet, children having access to a range of tools and equipment such as pens, scissors, balls, rackets, cones to use.</p>
<p><b>Fine Motor development</b></p> <p>Intent Vocabulary Implementation</p>	<p>Children using a palm grip when using mark making tools. Children using a spoon to feed themselves correctly. Children using spring loaded scissors to make snips into paper with adult support.</p> <p>Pencils, tools, spoon, food, feed, safely, hand, scissors, snips.</p> <p>Pencils available for children at all times, spring loaded scissors available for children to use, children supported to feed themselves.</p>	<p>Children mark making by scribbling and colouring. Children exploring a range of fine motor activities and implements, Children using a spoon and a fork to feed themselves.</p> <p>Pen, pencils, scissors, paintbrush, finger, finger strong, dough, dough disco, colouring, spoon, fork.</p> <p>Fine motor activities in the class as well as adult guided activities – drawing, writing, cutting, tracing ect. Children having access to mark making materials at all times, children encouraged to feed themselves with spoons and forks.</p>	<p>Beginning to use a four finger grip to use mark making tools, Using construction equipment correctly to build e.g. Duplo, Magnitiles. To develop more independence when using spring loaded scissors.</p> <p>Pencil, grip, hand, fingers, skill, scissors, snips, control, build, independence.</p> <p>Adults supporting children to develop their pencil grip – verbally, moving fingers, construction kits available for the children to use.</p>	<p>Children making more controlled marks when drawing and mark making, Children manipulating dough through rolling, squeezing, balling and patting.</p> <p>Mark making, pencils, pens, colours, dough, dough disco, rolling, squeezing, balling, patting, poking.</p> <p>Children having access to mark making materials to use independently, children having dough to use and manipulate, adults modelling the use of dough and how to draw with skill.</p>	<p>Children using a two finger and a thumb grip. I can draw and paint clearer shapes and pictures when drawing and painting. Children showing some threading skills.</p> <p>Thumb and fingers, pencil, grip, draw, pencil, shape, drawing, care, time, threading.</p> <p>Adults supporting children to develop their pencil grip – verbally, moving fingers, pencil grips if children need support. Threading activities and independent activities too e.g. leaves and string, children being able to draw freely.</p>	<p>Children using pencils and other equipment comfortably for them. Children beginning to make snips in paper either using one hand or two independently. Children turning pages in a book one at a time. Children may form some letters in their name.</p> <p>Pencils, tools, equipment, safely, hand, scissors, snips, letters, letter shapes.</p> <p>Pencils available for children at all times, scissors available for children to use, activities for children that include mark making, name writing and snipping paper.</p>