



# Physical Development Reception - Long Term Plan

## Statutory Guidance from the EYFS Framework for 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.


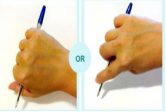













	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
Potential Themes/Interests	CV: Justice Starting School/Map my classroom Autumn Harvest Pumpkins Marvellous me/ Family	CV: Love Woodland animals/ hibernation Christmas Around the World Celebrations Sorting Materials/Recycle	CV: Endurance Winter Polar worlds Journeys Chinese New Year Big School's bird watch	CV: Forgiveness Growing up - babies, generations Health inc. oral health Spring – Seasons, New life Easter	CV: Dignity Life Cycles - butterflies, beans, sunflower Outdoors/Weather Gardening Keeping Healthy	CV: Thankfulness Summer Habitats: Sherwood Forest Vs the Ocean Edwinstowe People who help us
Celebrations & Experiences	Class rules and routines Black History Month	Diwali , Bonfire Night, Children in Need, Remembrance Day, Advent, Christmas, Christmas Nativity	Valentine's Day, Lunar New Year / Chinese New Year, NSPCC Numbers Day, Safer Internet Day	World Book Day, Comic Relief, Mother's Day, Pancake Day, World Art Day, Science Wk, Easter	International Museum Day, World Biscuit Day, World Food Safety day	Father's Day , Sports Day, Transition, Assessment Fire service visit
Suggested Texts						
The Reception Year provides the foundation for physical skills children will build upon in Year one.	<p><b>The National Curriculum (2014) states that...</b> Children should master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. Children should participate in team games, developing simple tactics for attacking and defending. Children should perform dances using simple movement patterns.</p>					

# Physical Development - Long Term Plan

	<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>Children will develop overall body strength, co-ordination, balance, and agility to support lessons in dance, gymnastics and sport.</li> <li>Children will develop their fine motor skills to use a range of tools safely and confidently.</li> <li>Children will always have access to pencils, paintbrushes, scissors, knives, forks, and spoon.</li> <li>Children will develop a good posture when sitting at a table (classroom and dinner times)</li> <li>Develop a good pencil grip ready for Year 1 writing expectations.</li> </ul>					
<b>Development Matters (2021) Guidance</b>  Intent To know (how to): Vocabulary Implementation	Further develop the skills they need to manage the school day successfully: lining up and queuing, mealtimes, personal hygiene.  Line up, wash hands, wait, sit down, carpet time, dinner time, and toilet. Adults supporting children to learn the school day and routines. Children going for dinner, Children toileting independently.	Revise and refine the fundamental movement skills they have already acquired. Roll, crawl, walk, jump, run, hop, skip, climb, balance, skill, careful. P.E Lessons, physical activities in the outdoor area – both child initiated and adult guided.	Further develop and refine a range of ball skills. Develop confidence, competence, precision, and accuracy when engaging in activities that involve a ball. Throwing, catching, kicking, passing, batting, aiming, confidently, precisely, accurately, ball, racket, hands, face, eyes. P.E Lessons, physical activities in the outdoor area – both child initiated and adult guided, balls in outdoor area.	Talk about the different factors that support their overall health and wellbeing. Physical activity, health eating, food groups, tooth brushing, screen time, bedtime routine, road safety. Planned lessons, guided discussions and continuous provision based around keeping healthy through a range of factors.	Combine different movements with ease and fluency. Dance, move, movement, star shape, pike, straddle, tuck, levels, low, standing, tall. P.E Lessons, physical activities in the outdoor area – both child initiated and adult guided, balls in outdoor area.	Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.  Safe, safely, rules, pencil, pen, scissors, paintbrush, bike, scooter, blocks. Children having daily access to a range of large and small apparatus both indoors and outdoors.
<b>Gross Motor Development</b>  Intent To know (how to): Vocabulary Implementation	(Begin) Use my core muscle strength to achieve good posture when sitting on the floor or at the table. (Begin) Safely use tools and equipment.  Sit, sitting up, straight, smart sitting, posture, floor, carpet, table, pen, pencil, scissors, ball, racket, rope, cone.  Children sitting at tables, sitting on the carpet, children having access to a range of tools and	(Begin) Develop overall body; strength, balance, co-ordination and agility. Experiment with moving in different ways. Sit, sitting up, straight, smart sitting, balance, follow me, climb, apparatus, mats, slither, crawl, skip, jump, hop, side step.  P.E Lessons focusing on strength and balance – using equipment to climb, using mats to make a range	Continue to develop overall body strength, balance and coordination. Developing in ability when dancing to music.  Strength, balance, coordination, climb, dance, dance move, music, shape, shape names, tension, floppy.  P.E Lessons focusing on strength and balance – using equipment to climb, using mats to make a range	Negotiate space successfully and adjust speed and direction. Show increasing control with a ball.  Space, surroundings, aware, speed, direction, control, ball, looking, racket, hands, eyes. Moving around during P.E lessons and negotiating around a range of obstacles at different	Use equipment safely with consideration to others. Move in a range of ways confidently including hopping, skipping and climbing. Equipment, ball, cones, safety, careful, running, jumping, stepping, dancing, hopping, skipping, climbing. Children having access to a range of tools and equipment such as pens,	Negotiate space and obstacles safely. Show strength, balance and coordination when playing. Move energetically in a range of different ways. Space, carefully, aware, surroundings, direction, speed, strength, coordination, play, playing, running, jumping, hopping, skipping, climbing, moving, travelling. Adults prompting children to run safely, adults

	equipment such as pens, scissors, balls, rackets, cones to use.	of shapes with their body, moving around the sports hall in different ways.	of shapes with their body, listening to music and experimenting with moving their body, copying dance moves and creating their own.	speeds – replicating it outside in their play	scissors, balls, rackets, cones to use – children reminded to use this carefully around other children.	supporting children with gross motor skills by setting up activities and children having access to the equipment at all times.
<p><b>Fine Motor development</b></p> <p>Intent To know (how to): Vocabulary Implementation</p>	<p>Use pencils and other equipment comfortably. Make snips in paper either using one hand or two. Pencils, tools, equipment, safely, hand, scissors, snips.</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>	<p>Children continuing to develop their fine motor skills. (Beginning) The correct letter formations and use these in their writing. Pen, pencils, scissors, paintbrush, finger, finger strong, dough, dough disco, letter formation, letters, rhymes, writing.</p> <p>Fine motor activities in the class as well as adult guided activities – drawing, writing, cutting, tracing ect. Weekly handwriting lessons – children introduces to new formations to copy and then use during writing activities.</p>	<p>(Developing) An effective pencil grip. Use tools including scissors with increasing control and skill.</p> <p>Pencil, grip, hand, fingers, skill, scissors, snips, control.</p> <p>Adults supporting children to develop their pencil grip – verbally, moving fingers, pencil grips if children need support. Scissors and small tools available in provision for children as well as guided activities using these materials.</p>	<p>Form recognisable letters with an effective pencil grip.</p> <p>Letters, trace, rhymes, pencil grip.</p> <p>Children being taught letter formations, incorrect formations being corrected and teachers supporting children to correct these, Adults supporting children to develop their pencil grip – verbally, moving fingers, pencil grips if children need support.</p>	<p>Confidently use scissors and small tools. (Beginning) Use a tripod grip to draw and write accurately.</p> <p>Scissors, small tools, tripod, fingers, draw, pencils.</p> <p>Adults supporting children to develop their pencil grip – verbally, moving fingers, pencil grips if children need support. Scissors and small tools available in provision for children as well as guided activities using these materials.</p>	<p>Use the tripod grip. Use a range of small tools. Show accuracy when drawing.</p> <p>Tripod, pencil, grip, skill, tools, pen, pencil, scissors, weaving, threading, accuracy, drawing, detail, tracing.</p> <p>Adults supporting children to develop their pencil grip – verbally, moving fingers, pencil grips if children need support. Scissors and small tools available in provision for children as well as guided activities using these materials.</p>

# Fine Motor – Pencil Grip and Control Development

FISTED GRIP	DIGITAL PRONATE GRIP	4 FINGER GRIP HIGH INDEX	HOOKED WRIST OR EXTENDED WRIST	CROSS THUMB	THUMB TUCK	JOINT OF INDEX FINGER AND THUMB IN A FLEXED POSITION	INDEX FINGER JOINT IN HYPER EXTENDED POSITION	THUMB IN HYPER EXTENDED POSITION	STATIC TRIPOD GRIP 3 FINGER GRASP	LATERAL TRIPOD	DYNAMIC TRIPOD GRIP
1-2 YEARS	2-3 YEARS	3-4 YEARS	4-6 YEARS								6-7 YEARS
		 	 	 <p>the cross thumb</p>	 <p>the thumb tuck</p>	 <p>joints of index finger and thumb in a flexed position</p>	 <p>index finger joint in hyperextended position</p>	 <p>thumb joint in hyperextended position</p>		 <p>the lateral tripod</p>	 
<p>Pencil held in the palm. All fingers and thumb are used. Movement is from the shoulder so the arm and the hand move as a unit. Light scribbles can be drawn.</p>	<p>All fingers are holding the pencil but the wrist is turned so that the palm is facing down. Movement comes mostly from the elbow. Horizontal lines, vertical lines and circular lines are able to be copied.</p>	<p>Fingers are held on the pencil beginning to form the arc between the thumb and index finger. Movement occurs from the wrist; the hand and fingers move together. Zigzag lines, crossed lines and simple humans can be drawn.</p>	<p>A three-finger grasp, where the thumb, index finger and middle finger work as one unit. Movement is usually from the wrist with this static grasp. A static quadropod grip has a fourth finger involved. Triangles, circles and squares can be copied with this grip.</p>								<p>Pencil is held in a stable position between the thumb, index and middle finger. The ring and little fingers are bent and rest comfortably on the table. The index finger and thumb form an open space. Movement comes from the fingertips. This is the ideal grip to move the pencil accurately.</p>