



‘Remembering yesterday, Learning from today, Striving for tomorrow’

EYFS Educational Programme	<p>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.</p>
In Nursery children will be learning to:	<ul style="list-style-type: none">• 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.• Increasingly be able to use and remember sequences and patterns of movements which 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.• Use one-handed tools and equipment, for example, making snips in paper with scissors.• Use a comfortable grip with good control when holding pens and pencils.• 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.
In Reception children will be learning to:	<ul style="list-style-type: none">• Revise and refine the fundamental movement skills they have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping, climbing. We will use both our outdoor space as part of our provision, and the children will also use the space in the hall. In our outdoor space, children will have opportunity to develop their fundamental movement skills through specific pieces of equipment e.g. climbing cube but also through open-ended play opportunities e.g. crates and planks where they will need to carry, design and set up their own obstacle courses.• Progress towards a more fluent style of moving, with developing control and grace.• Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming. We will use our playground space to have

Our Learning Journey: Physical development

	<p>running challenges, use our balance bikes and scooters, and other pieces of equipment which encourages children to develop their core strength.</p> <ul style="list-style-type: none"> • Develop their small motor skills so that they can use a range of tools competently, safely and confidently. We will use a variety of mark making tools including pencils, crayons, chubby crayons, paintbrushes, felt tip pens, chinks and marker pens. We will provide lots of opportunity for children to strengthen their fine motor skills including threading cotton reels, peg boards, and using tweezers to move small objects. We will support children with using a knife, fork and spoons both at lunchtime but also in the classroom. We will also provide lots of opportunity for the children to use scissors. • 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. We will provide opportunities for the children to create their own obstacle courses which involve different movements. We will also play games which involve children to run in difference directions and respond to other children. • Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. We will offer children lots of opportunity both in our outside provision and also in the hall. • Further develop and refine a range of ball skills, including throwing, catching, kicking, passing, batting, and aiming. • Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball, including different sizes of balls. • Develop the foundations of a handwriting style which is fast, accurate and efficient. We will support children by delivering dough gym sessions, squiggle while you wiggle and specific sessions to teach formation of letters and numbers. • Further develop the skills they need to manage the school day successfully including lining up and queuing.
<p>Early Learning Goals: Children at the expected level of development will:</p>	
<p>ELG: Gross Motor</p>	<ul style="list-style-type: none"> • 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.
<p>ELG: Fine Motor</p>	<ul style="list-style-type: none"> • 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, paint brushes and cutlery. • Begin to show accuracy and care when drawing.
<p>Y1 curriculum</p>	
<p>Children will start the National Curriculum in Y1 and follow the Physical Education programme of study. By completing the literacy educational programme, it will give the children the broad range of knowledge and skills that provide the right foundation to start the Y1 curriculum because they will:</p>	

Our Learning Journey: Physical development

Understand the importance of being healthy and social and emotional well-being.

Demonstrate strength, balance and coordination when moving.

Confidently and safely use a range of large and small apparatus.

Use a range of small tools with effective hand-eye co-ordination.

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