



Daven Primary School Early Years Curriculum – Physical Development

What we want to children to know and be able to do:

Age	2-3 Years- Nursery	3-4 Years - Nursery	4-5 Years - Reception
Knowledge and Skills:	<ul style="list-style-type: none"> • Sit on wheeled toy, use a scooter or ride a tricycle. • Pass things from one hand to the other. • Gradually gain control of their whole body through continual practice of large movements, such as waving, kicking, rolling, crawling and walking. • Clap and stamp to music. • Fit into spaces, like tunnels, dens and large boxes, and move around in them. • Build independently with a range of resources. • Develop skills to be independent including taking off shoes and coat. 	<ul style="list-style-type: none"> • Develop ways of moving, balancing, riding (scooters, trikes and bikes) and ball skills. • Use large-muscle movements to wave flags and streamers, paint and make marks. • Use one-handed tools and equipment, for example, making snips in paper with scissors. • Show a preference for a dominant hand. • Be increasingly independent dressing and undressing, for example, putting coats on and doing up zips. 	<ul style="list-style-type: none"> • Beginning to form recognisable letters. • Developing small motor skills so that they can use a range of tools safely. • Using core muscle strength to achieve good posture while sitting at a table or floor. • Developing hand and arm strength
	<ul style="list-style-type: none"> • Walk, run, jump and climb – and start to use the stairs independently. • Start eating independently and learning how to use a spoon and a fork and then a knife and fork. • Develop manipulation and control – cooking equipment, mark making etc. • Explore different materials & tools – paintbrushes, playdough tools etc. 	<ul style="list-style-type: none"> • 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. • Work with others to manage large items. • Use a comfortable grip with good control when holding pens and pencils. • Match physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank. 	<ul style="list-style-type: none"> • Further develop and refine a range of ball skills including throwing, catching, kicking, passing, batting, and aiming. • Form recognisable letters independently. • Have control over letter size while writing and keep them close to the line. • Develop overall body-strength, balance, co-ordination, and agility. • Combine different movements with ease and fluency.
	<ul style="list-style-type: none"> • Enjoy kicking, throwing & catching. • Use large and small motor skills to do things independently, for example manage buttons and zips, and pour drinks. • Begin to become independent in wanting to feed and dress or undress. 	<ul style="list-style-type: none"> • Take part in some group activities which they make up for themselves, or in teams. • Use & remember sequences & patterns of movements which are related to music and rhythm. <p>Choose the right resources to carry out their own plan.</p> <p>Develop skills needed for school – lining up, mealtimes etc.</p>	<ul style="list-style-type: none"> • Revise & refine the fundamental movement skills they have already acquired: rolling, crawling, walking, jumping, hopping, skipping, climbing etc. • Develop the foundations of a handwriting style which is fast, accurate and efficient. • Progress towards a more fluent style of moving, with developing control and grace. • Develop confidence, competence, precision, and accuracy when engaging in activities that involve a ball.
Key Vocabulary:	Walk, run, roll, clap, stamp, jump, climb, on, off, knife, fork, spoon, kick, throw, catch, pour.	Balance, ride, scissors, grip, zip, skip, hop, crawl.	space, jump, land, bend, dress, undress, bat, racket, stick, balance, throw, catch.



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<p>What will be explicitly taught:</p>	<ul style="list-style-type: none"> • How to hold and pass small objects. • How to crawl and fit into spaces such as dens, under stools etc. • How to build with various construction resources. • How to climb stairs and apparatus outside. • Model how to scoop and stab food with spoon and fork. • Opportunities to dress and undress, simple dressing up clothes, sequence e.g. shoes first, then trousers etc. • How to take off/put on and store shoes, coat, aprons. • How to use body to kick and throw balls. • Opportunities to pour, do/undo zips/manage smaller tools. 	<ul style="list-style-type: none"> • How to use arms for balance. • How to hold and use pencils, paintbrushes and scissors correctly and with increasing control. Tripod grip. • How to hop, skip and climb outdoor apparatus. • How to pick up and carry equipment safely, e.g. one end close to the floor when carrying a stick. • How to combine, remember and repeat simple sequences of movements. • Model how to plan, carry out and evaluate a self-chosen task, e.g. making a map.
<p>Provision:</p>	<ul style="list-style-type: none"> • Pencils, crayons, tweezers, scissors, playdough tools, small items to manipulate, buttons, sequins etc. • Bats, balls, quits, hoops, bean bags etc. • Flags, ribbons and streamers. • Steps, stair, slides to climb. • Music players and instruments. • Large boxes, dens, crates etc to hid in. • Range of large and small construction resources- wooden blocks, duplo etc. • Aprons, tabards, hats, dressing up clothes. • Knives, forks, spoon, beakers, jugs. • Trikes, bikes, scooters. • Loose parts: planks, crates, tyres. 	<ul style="list-style-type: none"> • Obstacle courses, wheeled toys, wheelbarrows, tumbling mats, ropes to pull up on, spinning cones, tunnels, tyres • Playdough, tweezers, balancing games: cups and lollypop sticks, scissors • structures to jump on/off, den-making materials, • logs and planks to balance on, • A-frames and ladders, climbing walls, slides and monkey bars. • Mark making area: tripod pens, big and fat pencils, sharpeners, rubbers, lined paper, different textured paper, different sized paper, letter formation, alphabet, capital letters and lower-case letters mat. • Skipping rope, hoola-hoop, binbag games.