

St Clare's EYFS Physical Development Key Knowledge and Skills

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 wellbeing. 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 practise of using small tools, with feedback and support from adults, allow children to develop proficiency, control and confidence.</p>		
Nursery	Reception	ELGs
Can throw large and small balls	Can throw a ball/ beanbag at a given target	<p>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</p>
Catch a small ball or beanbag from a short distance	Can catch smaller items from a longer distance	
Can kick a large ball	Can run with a ball	
Skip, hop, stand on one leg and hold a pose	Can demonstrate different types of balances	
Walks along a balance beam	Walks along a bench and can balance a quoit on their head	
Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.	Revise and refine the fundamental movement skills they have already acquired: - rolling - walking - running - skipping - crawling - jumping - hopping - climbing	
Jump in different ways	Jump off higher equipment	
Use large muscle movements to wave flags and streamers, paint and make marks	Use core muscle strength to achieve good posture when sitting down	
Can walk, run, climb and crawl	Can walk, run, climb, crawl, hop, jump and skip with increasing control	<p>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</p>
Beginning to use scissors	Can use scissors with precision	
Can use large tweezers	Can use small tweezers with good control	
Begins to use a tripod grip	Uses a tripod grip	