



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
General Themes	All About Me	Light and Dark	Antarctic explorers	Where do we Live?	Come Outside	Fun at the seaside
Physical development	Physical activity is <b>vital</b> in children's all-round development, enabling them to <b>pursue happy, healthy and active lives</b> . Gross and fine motor experiences develop incrementally throughout early childhood, starting with <b>sensory explorations</b> and the development of a <b>child's strength, co-ordination and positional awareness</b> 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 <b>core strength, stability, balance, spatial awareness</b> , co-ordination and agility. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being. <b>Fine motor control and precision helps with hand-eye co-ordination</b> , which is later linked to <b>early literacy</b> . 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 <b>proficiency, control and confidence</b> .					
Fine motor	Threading, cutting, weaving, playdough, Fine Motor activities. Manipulate objects with good fine motor skills. Draw lines and circles using gross motor movements. Hold pencil/paint brush beyond whole hand grasp. Pencil Grip Practise pre-writing shapes.	Threading, cutting, weaving, playdough, Fine Motor activities. Develop muscle tone to put pencil pressure on paper Use tools to effect changes to materials Show preference for dominant hand Engage children in structured activities: guide them in what to draw, write or copy. Teach and model correct letter formation.	Threading, cutting, weaving, playdough, Fine Motor activities. Begin to form letters correctly Handle tools, objects, construction and malleable materials with increasing control Encourage children to draw freely. Holding Small Items / Button Clothing / Cutting with Scissors	Threading, cutting, weaving, playdough, Fine Motor activities. Hold pencil effectively with comfortable grip Forms recognisable letters most correctly formed.	Threading, cutting, weaving, playdough, Fine Motor activities. Develop pencil grip and letter formation continually Use one hand consistently for fine motor tasks Cut along a straight line with scissors / Start to cut along a curved line.	Threading, cutting, weaving, playdough, Fine Motor activities. Form letters correctly Begin to draw diagonal lines, like in a triangle / Start to colour inside the lines of a picture Start to draw pictures that are recognisable / Build things with smaller linking blocks, such Lego
Daily opportunities for Fine Motor Activities						
Gross motor	Fundamental Movement Balance on apparatus. Climbing – outdoor equipment. Travel in a range of ways, stop on signal. To adjust speed. To twist, balance and stretch. Partner work. Balancing beanbags on body parts. Changing for PE / develop good personal hygiene. Teach correct handwashing and toileting. Squiggle Wiggle. Wake up shakes up.	Fundamental Movement Use different body parts to balance with. To move in different directions/different speeds. To run using obstacles. Develop control of body posture. Crawling/climbing using apparatus. Jumping in and out of hoops. Throwing and rolling a large ball. To walk/run using small and large steps. Ball skills- throwing and catching. Crates play- climbing, dance related activities	Dance To travel around the room in a variety of ways. Dance / moving to music To perform movement phrase/patterns using a range of body actions and body parts. Listen to instructions and signals. Practise and explore patterns of movements. To move in time to the beat. To link movements together. To perform a dance using a sequence of movements. Respond to rhythms, moods and a range of music. To work with others.	Gymnastics Balance- children moving with confidence To use and fill the space available to them. To land using the correct technique. To follow instructions accurately & be aware of the safety issues. To make shapes from different body parts. To practice and perform a range of rolling techniques. Provide opportunities for children to, spin, rock, tilt, slide and bounce. Promote healthy lifestyle.	Games/Ball Skills Learn, develop, practice throwing. To throw and catch a large ball. To kick a ball. Obstacle activities- children moving over, under, through and around equipment. Ball skills- aiming, dribbling, pushing, throwing & catching, patting, or kicking. Explore a range of basic jumps. Turn taking. To stay within the boundaries. Cooperation games e.g., parachute	Games Develop, perform, evaluate basic throw. To control a medium ball. Races / team games involving gross motor movements. To show an awareness of different parts of their feet. To work as part of a small group. To self-evaluate. To use different travelling methods. To throw to a specific target. Perform basic actions using equipment. Perform combinations of jumps.
Vocabulary (including but not limited to)	Pencil control, pencil grip, space, safe, equipment, strength, balance, forwards, backwards, move, run, jump, dance, skip, hop, climb, throw, catch, teamwork, under, over, behind, through, twist, roll, slide, bend, higher, faster, longer, further.					