**Reception Physical Development Overview**

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| **Age Range** | **Physical Development** |
| **Reception** | * Revise and refine the fundamental movement skills they have already acquired:

 Rolling, crawling, climbing, walking, hopping, skipping, jumping and running.* Progress towards a more fluent style of moving with developing control and grace.
* Develop the overall body strength, coordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.
* Develop their smaller motor skills so that they can use a range of tools competently, safely and confidently. Suggested tools: pencils for drawing and writing, paintbrushes, scissors, knives, forks and spoons.
* 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.
* Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.
* Develop overall body strength, balance, coordination and agility.
* 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.
* Develop the foundations of a handwriting style which is fast, accurate and efficient.
* Further develop the skills they need to manage the school day successfully.

Lining up and queuingMealtimes |

**Fundamental Movement Skills**

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| Running | Jumping | Hopping | Catching | Throwing |