**EYFS Physical Development **

**at West Kidlington Primary School - Cycle A and Cycle B**

*Statutory requirement*

*Physical activity is vital in children’s all-round development, enabling them to pursue happy, healthy and active lives7. 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.*

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| Child playing on playground equipment EYFS PD | **Nursery** | **Reception** | **YEAR 1/2** |
| **CYCLE A****(2023/24)** | Skills fun day**Gross Motor**Core StabilityUpper Body StrengthCross mid lineBi-lateral CoordinationMove to music using whole bodyRunning building stamina as well as movementGames and rulesWorking togetherUsing equipment to support balance, movement, coordination, Skills**Fine Motor**Shoulders- Elbows- Wrists- Fingers-Use scissors to snip and cut straight lineUse of tools for creative work eg playdough tools, SellotapeManipulate materialUse of tweezersComplete finger rhymes move fingers independentlyBuilding structure patternsPersonal hygiene and self care (links with PSED) | SkillsGames and rulesSportsmanshipSports dayPersonal hygiene and self care (links with PSED) | Attack, Defend, Shoot (Unit 1)Dance (Unit 1)OAA (Unit 1)Run, Throw, Jump (Unit 1)Gymnastics (unit 1)Send and Return (Unit 1)Attack, Defend, Shoot (Unit 2)SPORTS DAY PREPHit, Catch, Run (Unit 1)Send and Return (Unit 2)  |
| **CYCLE B****(2024/25)** | Attack, Defend, Shoot (Unit 1)Dance (Unit 1)OAA (Unit 1)Run, Throw, Jump (Unit 1)Gymnastics (unit 1)Send and Return (Unit 1)Attack, Defend, Shoot (Unit 2)SPORTS DAY PREPHit, Catch, Run (Unit 1)Send and Return (Unit 2 |