**EYFS Physical Development A close-up of a logo

Description automatically generated**

**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 Stability  Upper Body Strength  Cross mid line  Bi-lateral Coordination  Move to music using whole body  Running building stamina as well as movement  Games and rules  Working together  Using equipment to support balance, movement, coordination,  Skills  **Fine Motor**  Shoulders-  Elbows-  Wrists-  Fingers-  Use scissors to snip and cut straight line  Use of tools for creative work eg playdough tools, Sellotape  Manipulate material  Use of tweezers  Complete finger rhymes move fingers independently  Building structure patterns  Personal hygiene and self care (links with PSED) | Skills  Games and rules  Sportsmanship  Sports day  Personal 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 PREP  Hit, 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 PREP  Hit, Catch, Run (Unit 1)  Send and Return (Unit 2 |