

Physical development		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 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.								
		Nursery 2s			Nursery 3s			Reception		
		Autumn	Spring	Summer	Autumn	Spring	Summer	Autumn	Spring	Summer
Gross motor skills	By the end of the phase I will ... <ul style="list-style-type: none"> Join in with the actions of familiar nursery rhymes and song. (BI, S) Move my body in response to music Walk/balance on a floor level plank/line Push themselves on a four wheeled vehicle Climb on and off low-level climbing blocks Show an awareness of different ways to move a ball 			By the end of the phase I will ... <ul style="list-style-type: none"> Join in with actions and sing familiar nursery rhymes and songs. (S, BI) Imitate actions in response to music heard Balance/walk along a low-level beam Pedal and steer a tricycle Climb up the Nursery Mountain Can kick and throw a ball 			By the end of the phase I will ... <ul style="list-style-type: none"> Perform songs and dance in front of others with instruments (BI, S) Balance along a beam (1ft of ground) Ride and steer a balance bike Climb a range of equipment (including school climbing frame) To be able to control a ball kicking, catching and throwing with some accuracy Negotiate space when travelling on my feet 			
	Exposed to nursery rhymes (BI) Knows how to get on and off a 4 wheeled vehicle Knows how to move around objects Able to control body and sit still for a short period of time Able to move body to a song	Knows how to push feet to move a sit on vehicle Knows how to sit on a nursery chair Knows that some things are not safe to climb e.g. furniture inside Nursery Knows you can move a ball using different part of the body e.g. pushing with hands	Know that we can move to music (BI) Know some actions to familiar songs (BI, LAU, S) Know how to steer a sit on vehicle Know that we can balance using our bodies in different ways e.g. standing on one foot Know that some surfaces are 'wobbly' and we need to take care/ hold hands	Knows how to get on and off a nursery tricycle Knows that pedal make a tricycle move Know that some surfaces are difficult to walk/ balance on Knows how to use foot to kick a ball Knows how to hold a ball to throw it Knows balls can hurt others if they hit them Moves body in response to music	Knows how to push pedals to make a tricycle move Know when to ask for adult support when balancing Know to be careful when balancing off the ground as they could fall Knows how to move in a range of ways crawling, running, rolling Knows actions for some familiar rhymes (BI, R, S)	Knows that different music can make us have different feelings (BI) Knows actions for some familiar rhymes (BI, R, S) Knows how to steer a tricycle to avoid objects Know how to help balance own body by putting arms out Knows how to climb stairs one foot on each step	Aware of different ways to move body to music/words (BI) I can change the speed of my dance moves (BI) Knows how to get on and off a balance bike Knows a balance bike will fall if you let go of it Know how to stop themselves falling (Putting hands out) Knows how to jump with feet together	Knows that music has a rhythm/beat (BI) Knows a short sequence of dance movements that fit to a song (BI) Knows that you can show emotions through dance (BI) Knows how to walk feet to move on a balance bike Knows how to stop a balance bike moving Knows how to bend knees when landing a jump Aware of the space around them when travelling at different speeds Knows how to hop	Knows how to push feet to move on a balance bike Knows how to steer on a balance bike Knows how to climb on a ladder coordinating feet and hands Knows how to keep safe at a height Knows how to aim a ball when kicking or throwing Knows to look at the ball and have hands ready to catch Knows how to move body in different ways hopping, skipping	
	Marvellous me Festivals/ celebrations	Transport People who help us	Our garden On the farm	Marvellous me Festivals/ celebrations	Transport People who help us	Our garden On the farm	Our body Our family	Local area People who help us	Minibeasts Pets	
Context/experiences	<ul style="list-style-type: none"> Gets on and off a 4 wheeled vehicle Ribbons – fireworks/ Diwali Actions to harvest song 	<ul style="list-style-type: none"> Can push self along on a wheeled vehicle Sits at table to eat snack Takes part in simple ball game pushing ball backwards and forwards to a partner 	<ul style="list-style-type: none"> Take care when walking outside in Willow school Place hand out to ask adult for support when unsure of own ability 	<ul style="list-style-type: none"> Adds actions to songs Take care when walking outside in Willow school Kicks and throws balls when playing games with friends Harvest song, Diwali – dancing 	<ul style="list-style-type: none"> Can make a tricycle move using pedals Walk along planks (Nursery outside area) Obstacle course Pulls self-up on climbing equipment 	<ul style="list-style-type: none"> Show emotion based on genre of music Rides a tricycle avoiding objects Climb's stairs in school on way to hall Can climb up Nursery Mountain to height taller than themselves 	<ul style="list-style-type: none"> Joins in with actions and words to Head, shoulders, knees & toes Move body in different ways – Diwali traditional music Balance along Reception planks (deconstructed climbing frame) Can jump along a line Use tools to plant bulbs Hopping, skipping, jumping – PE warm up/CIL 	<ul style="list-style-type: none"> PE, Dance/gymnastics Move body in time to music Can move on a balance bike, make it stop and put it down safely Jumps off Reception climbing apparatus safely 	<ul style="list-style-type: none"> Perform a song/dance on the outdoor stage Can ride a balance bike around obstacles Balance along high beams (gymnastics PE) Climb more than 4 ft off ground on climbing frame (PE gymnastics) Plays simple ball games with friends with some accuracy in passing Football (PE) Basketball net (reception outside) 	

ELG: 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.