

## Physical Development

Core Experiences	Texts
<ul style="list-style-type: none"> <li>-Forest School Friday- space for rolling - crawling - walking - jumping - running - hopping - skipping – climbing as the outside area is small</li> <li>-Walks around the local area – stamina</li> <li>-Gliding on a balance bike-Enrichment</li> <li>-Holding and using cutlery sensibly and being able to cut up their own food.</li> <li>-Holding a pencil correctly and forming majority of letters correctly</li> <li>-Using scissors correctly</li> </ul>	Keep Running Gingerbread Man

Reception
<p><i>Use large-muscle movements to wave flags and streamers, paint and make marks.</i></p> <p><i>Are increasingly able to use and remember sequences and patterns of movements which are related to music and rhythm.</i></p> <p><i>Match their developing physical skills to tasks and activities in the setting</i></p> <p><i>Use one handed tools and equipment.</i></p> <p><i>Use a comfortable grip with good control when holding pens and pencils.</i></p> <p><i>Start to eat independently and learn how to use a knife and fork</i></p> <p><i>Show a preference for a dominant hand.</i></p> <p><i>Be increasingly independent as they get dressed.</i></p> <p>Revise and refine the fundamental movement skills they have already acquired: - rolling - crawling - walking - jumping - running - hopping - skipping – climbing.</p> <p>Progress towards a more fluent style of moving, with developing control, care and grace.</p> <p>Develop overall body strength, co-ordination, balance and agility in dance, gymnastics and games</p> <p>Develop their small motor skills so that they can use a range of tools competently, safely and confidently</p> <p>Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor.</p> <p><b>Combine different movements with ease and fluency</b></p> <p>Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.</p> <p><b>Develop overall body strength, balance, coordination and agility</b></p> <p>Further develop and refine a range of ball skills including:</p> <ul style="list-style-type: none"> <li>- throwing a ball to a partner</li> <li>- catching a large ball</li> <li>- kick a ball from a standing position</li> </ul> <p><b>Develop the foundations of a handwriting style which is fast, accurate and efficient</b></p> <p>Further develop the skills they need to manage the school day successfully: - lining up and queuing, leaving an appropriate space</p>

- mealtimes

Eat independently and use a knife and fork appropriately.

Recognise and name some fruit and vegetables.

Glide on a balance bike.