

Physical Development

INTENT:

At Northiam C of E Primary School we believe physical activity is crucial in children's all-round development, enabling them to pursue happy, healthy and active lives. Throughout the children's time in our EYFS Hive their gross and fine motor experiences will develop incrementally, developing their core strength, moving on to their rotating joints and then on their hand dexterity. The children in our EYFS Hive will have continuous access to both indoor and outdoor play provision which will provide aspects to enhance the development of their core strength, stability, balance, spatial awareness, co-ordination and agility. We believe that gross motor skills provide the fundamental foundations for life-long learning, enabling the children to be happy and healthy. Fine motor control is securely developed after the children have mastered their gross motor skills. Through developing these key skills the children will strengthen their hand-eye co-ordination which will support them within their Literacy journey.

IMPLEMENTATION:

Honeybees—Pre School

Fine Motor Skills

- Making snips in paper with scissors
- Digging, scooping, pouring
- Able to use a spoon to feed self/ cups to drink
- Paint brushes –large movements –circular, up and down
- Use tweezers to pick up/ move large objects e.g. pasta, pompoms, etc.
- Thread beads/ large objects onto string/ pipe cleaners.

Movement (Gross Motor Skills)

- Use 2 hands to pick up heavy objects, and with support seek assistance to move heavier objects.
- Balance on one foot for a short time.
- Be able to climb up/ walk across/ jump off climbing equipment with support.
- Be able to throw and catch a large ball.
- Run in a straight line
- Confidently ride the red and yellow bikes.
- Sit on the balance bikes and 'scoot' self along.
- Gallop (pre-skipping)
- Large up and down/ circular movements

Pencil Control

- Use mark making equipment with increasing accuracy e.g. drawing shapes/ simple pictures.
- Basis of pencil grip
- Dominant hand

Willow Class—Reception

Fine Motor Skills

- Scissor skills –cut around and along shapes
- Digging, scooping and pouring with accuracy
- Cutlery use
- Paint brushes –smaller, more detailed movements
- Tweezers –smaller objects such as sequins, beads etc.
- Show more control over threading e.g. weaving with smaller objects, sewing (Binka)

Movement

- Negotiate space and obstacles when running and using equipment.
- Be able to move heavier objects independently. Show awareness of how to move objects safely e.g. seeking support from another person when objects are too heavy.
- Show increasing co-ordination when hitting (bat and ball), throwing, catching and kicking balls.
- Be able to climb up/ walk across/ jump off climbing equipment confidently/ independently.
- Begin to hop and skip.
- Use balance bikes and scooters confidently.

Pencil Control

- Draw pictures with accuracy, pictures show more detail.
- Hold mark-making equipment with a tripod grip
- Most letters formed correctly

Early Learning Goals

ELG: Gross Motor Skills

Children at the expected level of development will:

- 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.

ELG: Fine Motor Skills

Children at the expected level of development will:

- Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases;
- Use a range of small tools, including scissors, paint brushes and cutlery;
- Begin to show accuracy and care when drawing.