

Early Years Foundation Stage
Area of Learning and Development: Physical Development – Gross Motor Skills

Educational Programme for 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 coordination 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.

Development Matters Non-Statutory	Early Learning Goal – Gross Motor Skills Statutory
<p>Children in Reception will be learning to:</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 and grace.</p> <p>Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.</p> <p>Combine different movements with ease and fluency.</p> <p>Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.</p> <p>Develop overall body-strength, balance, co-ordination and agility.</p> <p>Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.</p>	<p>Children at the expected level of development will:</p> <p>Negotiate space and obstacles safely, with consideration for themselves and others.</p> <p>Demonstrate strength, balance and coordination when playing.</p> <p>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>

Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.

Planning for Learning (LPDS)

Skills, Knowledge, Concepts – what children can do, know and understand.

Key Learning linked to Physical Development – Gross Motor Skills

Fundamental movement skills

Run/running fast, travel on feet/feet and hands, underhand throw, underhand roll, catching, vertical jump and land, hop, static balance, balance on body parts and balance using equipment, side roll and rock and roll, pencil roll. Gross motor skills/movements

Climbing, crawling, skipping, sliding, slithering, shuffling.

Spatial Awareness

Awareness of own space, negotiates space, finds a space, changes direction, stops.

Safety Awareness

When moving themselves; when travelling on, under, over through equipment and apparatus; using small apparatus and equipment; carrying and moving equipment and apparatus; respond to safety instructions.

Apparatus

Control and balance when using equipment for climbing, jumping, scrambling, travelling, swinging; interacts with small equipment – drop, push, throw, roll, catch, kick.

Body strength

With and without tools and equipment e.g. sky writing outdoors, carrying, pushing, pulling, digging.

Movement of body parts

Rotation of waist, shoulder, hip, knee; bending, flexing and rotation of elbow and wrist; making shapes with arms and hands, legs and feet; wriggling and stretching elbows, wrists, fingers, knees, ankles, feet, toes.

Use of Vocabulary linked to Movement

Names of body parts, directional movement – up down, backwards, forwards, sideways; speed – fast, faster, slow, slowly, slower

Key Vocabulary

Throw, catch, roll, kick, run, jump, land, underhand, balance, roll, equipment, apparatus, control, travel climb, crawl, skip, slide, stretch, slither, shuffle, space, direction, stop, up down, backwards, forwards, sideways, under, over, through, fast, faster, slow, slowly, slower.