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| **Physical Development** |
| Birth to 3 | Nursery | Reception |
| **Babies, toddlers and young children** will be learning to:* lift their head while lying on their front
* push their chest up with straight arms
* roll over: from front to back, then back to front
* enjoy moving when outdoors and inside
* sit without support
* begin to crawl in different ways and directions
* pull themselves upright and bouncing in preparation for walking
* reach out for objects as co-ordination develops
* pass things from one hand to the other, let go of things and hand them to another person, or drop them

**Babies, toddlers and young children** will be learning to:* gradually gain control of their whole body through the continual practice of large movements, such as:
	+ waving
	+ kicking
	+ rolling
	+ crawling
	+ walking
* clap and stamp to music
* fit themselves into spaces, like tunnels, dens and large boxes, and move around in them
* enjoy starting to kick, throw and catch balls
* build independently with a range of appropriate resources
* begin to walk independently – choosing appropriate props to support at first
* walk, run, jump and climb – and start to use the stairs independently
* spin, roll and independently use ropes and swings (for example, tyre swings)
* sit on a push-along wheeled toy, use a scooter or ride a tricycle
* use large and small motor skills to do things independently, for example, manage buttons and zips, and pour drinks
* show an increasing desire to be independent, such as wanting to feed themselves and dress or undress
* start eating independently and learning how to use a knife and fork

**Babies, toddlers and young children** will be learning to:* develop manipulation and control
* explore different materials and tools
 | **3 and 4-year-old children** will be learning to:* continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills
* go up steps and stairs, or climb up apparatus, using alternate feet
* skip, hop, stand on one leg and hold a pose for a game like musical statues
* use large-muscle movements to wave flags and streamers, paint and make marks

**3 and 4-year-old children** will be learning to:* start taking part in some group activities which they make up for themselves, or in teams
* increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm
* match their developing physical skills to tasks and activities in the setting, for example, they decide whether to crawl, walk or run across a plank, depending on its length and width
* choose the right resources to carry out their own plan, for example, choosing a spade to enlarge a small hole they dug with a trowel
* collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks

**3 and 4-year-old children** will be learning to:* use one-handed tools and equipment, for example, making snips in paper with scissors
* use a comfortable grip with good control when holding pens and pencils
* show a preference for a dominant hand
* be increasingly independent as they get dressed and undressed, for example, putting coats on and doing up zips
 | **Reception children** will be learning to:* revise and refine the fundamental movement skills they have already acquired such as:
	+ rolling
	+ crawling
	+ walking
	+ jumping
	+ running
	+ hopping
	+ skipping
	+ climbing
* progress towards a more fluent style of moving, with developing control and grace
* develop the overall body strength, coordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming

**Reception children** will be learning to:* develop their small motor skills so that they can use a range of tools competently, safely and confidently - suggested tools include:
	+ pencils for drawing and writing
	+ paintbrushes
	+ scissors
	+ knives
	+ forks
	+ spoons
* use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor
* combine different movements with ease and fluency

**Reception children** will be learning to:* confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group
* develop overall body strength, balance, coordination and agility
* further develop and refine a range of ball skills including:
	+ throwing
	+ catching
	+ kicking
	+ passing
	+ batting
	+ aiming
* develop confidence, competence, precision and accuracy when engaging in activities that involve a ball
* develop the foundations of a handwriting style which is fast, accurate and efficient
* further develop the skills they need to manage the school day successfully such as lining up and queuing, and mealtimes

**ELGs****Gross Motor Skills ELG****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.**Fine Motor Skills ELG****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. |