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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. |