

EYFS Long Term Plan-Physical Development

	ELGs- Gross Motor Skills			ELGs-Word Reading-Fine Motor Skills		
	<ul style="list-style-type: none"> Negotiate space and obstacles safely with consideration for themselves and others. Demonstrates strength, balance and co-ordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. 			<ul style="list-style-type: none"> 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, paintbrushes and cutlery. Begin to show accuracy and care when drawing. 		
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
School BIG Question	Cycle 1 Who Am I? Cycle 2		Cycle 1 What is my heritage and culture? Cycle 2		Cycle 1 Local History/Geography study Cycle 2	
Year Group Line of Enquiry	Amazing Me!	Let's Celebrate!	People Who Help Us	Ready, Steady, Grow!	Down on the Farm	Under the sea
Quality Text	Grandpa – John Burningham; Owl Babies – Martin Waddell; Wanted: The Perfect Pet – Fiona Robertson Lost and Found – Oliver Jeffers; A Great Big Cuddle: Poems for the Very Young – Michael Rosen and Chris Riddell;	Non-fiction texts about Divali, hannukah, bonfire night, advent, Christmas Binny's Diwali by Thrity Umrigar & Nidhi Chanani	The Three Little Pigs-Trad. What do people do all day? – Richard Scarry A Place called Home – Kate Baker I Love Chinese New Year Eva Wong Nava & Li Xin	Jack and the Beanstalk The Very Hungry Caterpillar The little Red Hen-Trad Where food comes from: Seeds to Bread by Sarah Ridley	Farmer Duck What the ladybird heard The Pig in the Pond by Martin Waddell and Jill Barton	Rainbow Fish Pirates Love Underpants Harry saves the Ocean – Sylvia Fae Michael Recycle – Ellie Bethel The dinosaur who pooped a pirate The dinosaur who pooped a princess
Visits and visitors	None this term	<ul style="list-style-type: none"> Visit - to the church (no cost) Visit – Corby library and theatre visit, Or pantomime. (cost) Visitor from school community to talk about Diwali? (no cost)	<ul style="list-style-type: none"> Visitors- Police, Fire service, dentist, (no cost) Visitor from school community to talk about Chinese New Year? (no cost) This term or next term - Visit - Kingswood (cost)	This term or next term - Visit - Kingswood (cost)	Visit – Farm (cost)	<ul style="list-style-type: none"> Princess/mermaid and Pirate Experience Day in school (no cost)

Physical Development

<p>Gross Motor Skills</p>	<p><i>During the Autumn term children will learn to:</i></p> <ul style="list-style-type: none"> -Balance and ride (bikes, trikes, scooters) -Climb apparatus (Outside Area plus the Trim Trail) -Jump safely from a piece of equipment. -Skip, hop, stand on one leg -Use large muscle movements (ribbon sticks, making marks-lines and circles) -Learn playground games (duck, duck goose, tag etc.) -Use large construction to build <p>GET SET FOR PE INTRODUCTION UNIT 1 Lesson 2 - 6 (move to Unit 2 if required)</p>	<p><i>During the Autumn term children will learn to:</i></p> <ul style="list-style-type: none"> -Revise and refine movement skills they have already acquired. (Weekly PE sessions/Playtime games/Trim trail, large and small apparatus in Outdoor Area) -Uses a range of ways to move appropriately e.g. jumping, hopping, skipping etc -Climb over and under obstacles -Choose resources to carry out a plan, work with others to manage large items. (Large construction, guttering, planks) <p>GET SET FOR PE FUNDAMENTALS UNIT 1 Lesson 1 – 6 (move to Unit 2 if required)</p>	<p><i>During the Spring term children will learn to:</i></p> <ul style="list-style-type: none"> -Progress to a more fluent style of moving. -Combine different movements with ease and fluency. -Confidently and safely use a range of large apparatus. -Balance on and off equipment. -Jump safely from a piece of equipment. <p>GET SET FOR PE GYMNASTICS UNIT 1 Lesson 1 – 6 (move to Unit 2 if required)</p>	<p><i>During the Spring term children will learn to:</i></p> <ul style="list-style-type: none"> -Use and remember sequences and patterns of movement related to music and rhythm. -Progress to a more fluent style of moving. -Combine different movements with ease and fluency. <p>GET SET FOR PE DANCE UNIT 1 Lesson 1 – 6 (move to Unit 2 if required)</p>	<p><i>During the Summer term children will learn to:</i></p> <ul style="list-style-type: none"> -Confidently and safely use a range of small apparatus. -Develop and refine a range of ball skills including throwing, catching, kicking, passing, batting and aiming. -Develop confidence, competence, precision and accuracy in activities that involve a ball. -Negotiate space and obstacles safely. <p>GET SET FOR PE BALL SKILLS UNIT 1 Lesson 1 – 6 (move to Unit 2 if required)</p>	<p><i>During the Summer term children will learn to:</i></p> <ul style="list-style-type: none"> -Confidently and safely use a range of small and large apparatus. -move energetically, such as running, jumping, dancing, hopping, skipping and climbing. <p>GET SET FOR PE GAMES UNIT 1 Lesson 1 – 6 (move to Unit 2 if required)</p>
<p>On-going across the year</p>	<p>Activities will be revisited so children can practice and consolidate skills.</p> <p>Daily ‘Go Noodle’ for regular physical activity.</p> <p>Children will be working to develop their overall body strength, co-ordination, balance and agility.</p>					

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<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Fine Motor Skills</p>	<ul style="list-style-type: none"> -Use one handed tools and equipment (Explicit teaching of scissor control, tweezers, playdough) -Develop a comfortable tripod grip with good control when holding pens/pencils. (modelling grip, opportunities for drawing, patterns) Get Squiggling -Learn how to use a knife and fork (modelling, role play opportunities) -Develop independence putting on own coat and doing up zip. -Become independent meeting their own care needs. (Explicit teaching of hand washing, toileting and eating etc.) -Make healthy choices about food, drink, activity and tooth brushing. (Link with learning about people 	<ul style="list-style-type: none"> -Use one handed tools and equipment (Explicit teaching of scissor control, tweezers, playdough) -Choose to draw, representing recognizable objects/shapes. -Use scissors to cut along curved lines, holding scissors in the correct position. -Continue to develop their fine motor skills (threading, cutting playdough) -Manage meal times, personal hygiene and queuing with further independence. -Mold an shape clay with fingers and tools. 	<ul style="list-style-type: none"> -Holds a pencil in a tripod grip. -Uses scissors to cut around more complex shapes -Begin to develop the foundations of a handwriting style that is fast, accurate and efficient. -Make healthy choices about food, drink, activity and tooth brushing. 	<ul style="list-style-type: none"> -Uses scissors to cut around more complex shapes -Develop the foundations of a handwriting style that is fast, accurate and efficient. -Know and talk about the different factors that support their overall health and well-being 	<ul style="list-style-type: none"> -Continue to develop the foundations of a handwriting style that is fast, accurate and efficient. -Know and talk about the different factors that support their overall health and well-being 	<ul style="list-style-type: none"> -Hold a pencil effectively using a tripod grip in preparation for fluent writing. -Use a variety of small tools effectively. -Show accuracy and care when drawing.
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Physical Development

	who help us: Dentist etc./Life Education visit)					
On-going across the year	Daily Fine motor activities, inc 'Hot Shot Strength' Children will be supported to develop an effective pencil grip throughout the year with the tripod grip being continually modelled. 'Get Squiggling'					