




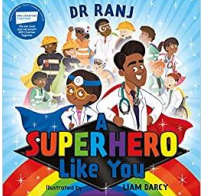


Physical Development			Reception		
Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
					
<p>All About Me</p> <ul style="list-style-type: none"> In PE sessions, children will develop different ways to move in a space, such as hopping, crawling, running, the jumping and negotiate space safely with a growing awareness of their surroundings and other people. Children will learn how to roll, bounce, throw and catch objects, such as balls and beanbags, and play games involving all learnt skills. Children will be encouraged through provision to use a range of one-handed tools, like scissors for Elmer model and clay cutters for elephants, and show preference for a dominant hand. Children will be shown how to grip pens and pencils comfortably and trace over lines (vertical, horizontal, diagonal and letter/ number formation). Discussions around healthy choices about food, drink and tooth brushing will be discussed to ensure children understand what is a healthy choice. Adults will model and teach the children how to put on their coats and do up their 	<p>Celebrations</p> <ul style="list-style-type: none"> Children will continue to use a comfortable grip with good control when holding writing tools in order to develop the foundations of a handwriting style which is fast, accurate and efficient. Children will develop these skills so that they can also use a range of tools competently, safely and confidently. This will include the use of one-handed tools to achieve goals. During PE, children will practise their throwing and catching skills, developing their hand-eye co-ordination. In games that they play in PE, children will refine their fundamental skills of running, walking, jumping and crawling to move around the space. In provision and in PE lessons, children will become increasingly aware of what is around them and be able to negotiate obstacles when moving around a space. Children will learn to describes physical changes to the body that can occur when feeling unwell, anxious, tired, angry or sad. During snack time, children will be encouraged to 	<p>Traditional Tales</p> <ul style="list-style-type: none"> During PE, children will develop their gross motor skills, involving throwing and catching a ball, balancing and hand eye coordination. In gymnastics lessons, the children will develop and refine their ability to climb on and jump off safely a range of apparatus and consider how to move differently over apparatus to strengthen their core and improve their agility and balancing. In class, children will develop their small motor skills in provision with opportunities to manipulate playdough, pick up loose parts, use a needle and thread. These skills will continue to support their use of tools, for example pencils, fork, knives. Children will learn to describe the physical changes experiences when feeling unwell, anxious, angry or sad and communicate these with adults in the setting. Opportunities to learn about oral health in online workshop will help the children develop an understanding about looking 	<p>Animals</p> <ul style="list-style-type: none"> Children will continue to learn to move in different way by moving like different animals, for example running as fasts as a cheetah, hopping like a hare, jumping like a kangaroo and skipping like a sheep. These skills will be further embedded through weekly trips to the Oasis Nature Garden were children will also develop their climbing skills on the apparatus and negotiate space and obstacles safely, with consideration for themselves and others. Children will learn different dance routines with a range of movements during regular daily movement breaks. Children will continue to develop their fine motor skills through the use of a variety of tools, in particular scissors. They will cut along lines to make snakes and make animal puppets. Through daily phonics and provision children will continue to develop their letter formation, following RWI letter formation stories. They will have experience forming letters in a range of mediums such as paint, 	<p>Growth and Change</p> <ul style="list-style-type: none"> Over the term there will be opportunities to try a range of different foods from different cultures. Children will be encouraged to reflect on which foods are healthy and unhealthy. During lunchtimes children will be encouraged to use cutlery without adult support. Through regular cooking opportunities children will gain experience using a variety of cooking tools such as sieves, whisks, cutters, rolling bins, cutlery, etc. Children will be encouraged to draw detailed pictures of the natural world in different countries, with a focus on accuracy and care when drawing. Children will continue to develop their scissor skills with a range of tasks, such as cutting collage materials. Children will continue to develop their pencil grip, with modelling of the tri-pod grip by adults and access to fine and gross motor exercises such as playdough, pop-its, tweezer activities, clay, painting, large brushes, scarves, water and sand play. 	<p>People who Help Us</p> <ul style="list-style-type: none"> Continued opportunities for self-care through dressing self, using costumes in the role play area and changing for clubs. Continued opportunities for children to develop their fine motor skills through a range of activities, such as building polydron homes, cutting with scissors, threading shoelaces, etc. Continue to engage in weekly PE sessions to improve gross motor skills with increased control and co-ordination. Continued handwriting practise to encourage correct pencil grip and letter formation. Children will focus on their letter formation throughout this term in order to get them Year 1 ready to write. Opportunities to move in different ways through mindfulness movement, moving to music and movement breaks. Children will prepare for sports day using activities

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<p>own zip to increase independence in meeting their own needs.</p> <ul style="list-style-type: none"> • Children will continue to be shown how to wash their hands properly using songs and rhymes to remind them. • Within provision, children will interact with chalked obstacle courses and small balancing equipment to build their co-ordination, balance and agility. Children will then use the chalk to create their own obstacle courses, giving meaning to the marks they are making. 	<p>discuss foods that are healthy and the benefits of eating these foods on our bodies.</p> <ul style="list-style-type: none"> • Due to the ongoing pandemic, children will be reminded about the importance of hand washing and good hand hygiene when sneezing and coughing. Children will understand that this helps to keep everyone around them happy and healthy. 	<p>after ourselves, our bodies and our teeth.</p> <ul style="list-style-type: none"> • Children will continue to think about healthy snacks for snack time and discuss the importance of eating healthily. • Children will develop their pencil grip and begin to become more comfortable when writing improving their fluency, speed and efficiency in writing. • Children will continue to refine their cutting skills, using scissors. 	<p>chalk, fingers, pens and pencils.</p> <ul style="list-style-type: none"> • In order to develop their care and accuracy when drawing, children will be encouraged to sketch a range of animals from minibeasts to sea creatures to develop their attention to detail and precision. 	<ul style="list-style-type: none"> • Through weekly trips to Oasis Nature Garden and the school climbing apparatus children will continue to gain an understanding of how to negotiate space and obstacles safely. 	<p>like the egg and spoon race, obstacle courses, 10m running and throwing beanbags into hoops. This will allow the children to have opportunities to continue to refine their movement skills and improve their aim, accuracy, co-ordination and agility.</p> <ul style="list-style-type: none"> • Children will use chalk and paint to ensure big movement skills when creating banners, drawings and inventions on the playground and in the classroom.
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