

EYFS at The Rosary Catholic Primary School	Physical Development
What skills are we learning? • Develop their small motor skills so that they can use a range of tools competently, safely and confidently. • Revise and refine the fundamental movement skills they have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping, climbing. • To combine movements with fluency. • Show increasing control over an object in pushing, patting, throwing, catching or kicking it. • Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. • Jumps off an object and lands appropriately using hands and body to stabilise and balance. • Begins to use anti clockwise movement and retrace vertical lines. • Shows a preference for a dominant hand. • Begins to form recognisable letters independently	
What opportunities to see this in action: • Use of the large climbing, balancing apparatus 'Trim Trail' in the large playground. • Weekly P.E sessions encompassing the above gross motor skills/ ball work etc. • Brain breaks/ Wake and shake and other movement sessions, focussing on arm movements and core strength building. • Free access to an outside space which encourages the movement of large loose parts materials (e.g. tyres, planks, sand pit). • Fine Motor Skills development through skills based Continuous Provision –cutting skills, threading etc. • Weekly writing opportunities with an adult to support 'frogs on a log' method of holding a pen appropriately/ to work on specific GMS/FMS development.	End of the year early learning goals: Gross motor skills ELG: <i>Children at the expected level of development will:</i> 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: <i>Children at the expected level of development will:</i> 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.

