



## Knowledge Skills and Understanding Physical Development



Reception children will be learning to:

### Gross Motor

- Further develop the skills they need to successfully manage the school day. Are they managing to line up and follow the person in front of them? Can they leave an appropriate space?
- Revise and refine the fundamental movement skills they have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping, climbing.
- Progress towards a more fluent style of moving, with developing control and care.
- Develop overall body strength, co-ordination, balance and agility.
- Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor.
- Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.
- Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting and aiming.

### Fine Motor

- Develop their small motor skills so that they can use a range of tools competently, safely and confidently:
  - safely cut along a line and around a shape, turning the paper when needed?
  - Develop a tripod pencil grip to use paintbrushes and pencils?
  - use writing implements with sufficient pressure?
- Eat independently and use a knife and fork appropriately.
- Develop the foundations of a handwriting style, so letter formation becomes automatic, efficient and fluent over time.



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### Reception – end of year expectations

ELG Gross Motor	ELG Fine Motor	
<ul style="list-style-type: none"> <li>Negotiate space and obstacles safely, with consideration for themselves and others.</li> <li>Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</li> </ul>	<ul style="list-style-type: none"> <li>Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases.</li> <li>Use a range of small tools, including scissors, paintbrushes and cutlery.</li> <li>Begin to show accuracy and care when drawing</li> </ul>	
Key Texts	Experience	Daily Routine
<p>We're Going on a Bear Hunt – forest walk            Little Rabbit Foo Foo - actions            Shh we have a plan – acting</p>	<p>Autumn Walk (with buddies)            Sports Day            Bikeability            Crossing a road safely on outings            White Post Farm Trip – Outdoor            playground - climbing</p>	<p>Movement and action songs            Nursery rhymes &amp; songs            Name writing            Handwriting            Using cutlery at lunchtimes            Pegs to Paper            Outdoor Area</p>