

Physical Development

Children will develop their gross motor skills through continuous provision in our outdoor Reception area (climbing wall, large climbing frame, bikes, small equipment, loose parts), activities in Forest School and through designated P.E. and fitness sessions. P.E. and Forest school will take place with the teacher once a week and fitness will be run by the P.E. lead. P.E. sessions will follow the Primary Games/ Gynastics/ Dance Schemes by Val Sabin

Children will practise and develop their fine motor skills through continuous provision, for example the 'finger gym' area and through using tools in the sand, water and mud kitchen areas. Children will have access to a writing area both indoors and outdoors. The creative curriculum outlines the progression in use of tools.

Children are taught to form letters without lead ins (see grid below) to allow for fluency in writing and spelling. The handwriting scheme is currently under review as we begin to implement a new, validated phonic scheme.

ELG: Gross Motor Skills

- 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

ELG: Fine Motor Skills

- Hold a pencil effectively in preparation for fluent writing – using a 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

P.E. and Fitness Sessions

Autumn 1st half	Physical development. Outdoor activities Dance — Follow my Feet	Fitness/Health Developing Fitness through running/circuit exercises. Understanding what happens to the body during exercise.
Autumn 2nd half	Physical development. Outdoor activities Gym — Introductory Unit	Understanding what an active, healthy lifestyle is in order to create positive attitudes. Understanding the importance of Warm Up & Cool Down Creating Individual Targets to show progression and achieve their personal best.
Spring 1st half	Physical development. Outdoor activities Dance — Dinosaur	

Spring 2nd half	Physical development. Outdoor activities Gym—Unit A—Travelling	
Summer 1st half	Physical development. Outdoor activities Dance—Hungry Caterpillar	
Summer 2nd half	Physical development. Outdoor activities Gym—Unit B - Stretching and curling	Fitness/Health

Handwriting Font and formation

