

Physical Development  
EYFS- Spring term

P.E units:  
Fundamental Movement Skills  
Best of Balls  
Gym in the Jungle



Links to other subject units this term	
The development of children's gross and fine motor skills links to all other areas of learning through the variety of activities and experiences we offer.	
Prior Learning	
Children will have refined and developed their fundamental movement skills and move with increasing fluency and control. They will be able to dress and undress independently. Children will now show preference for their dominant hand. They will know how to hold a pencil with the correct grip although some will still need reminding at times. Children will be able to form some letters correctly.	
Key vocabulary for this unit	
<p><b>Best of Balls:</b> Ball, round, big, small, spiky, smooth, travel, move, bounce, kick, target, control throw, racket, bat, game, win, points, same, different, stick, team, high, drop, catch, harder, softer, further, direction, forwards, backwards, sideways.</p> <p><b>Gym in the Jungle:</b> Tiptoes, waddling, running, large steps, skipping, sideways, backwards, crawling, bouncing, sliding, hopping, rolling, shuffling, slithering, jumping, prowling, over, under, through, on top, around, climb, balance, travel, move, sequence, order.</p> <p><b>Fine motor skills:</b> Dough, muscles, strong, thread, pipette, cut, snip, scrunch, roll, pinch, press, tweeze, twist, mould, squash, pat, hold, curved, zig-zag, straight, grip, tripod, dash, dot, outline, letters, formation, posture</p>	
Learning Sequence	
<b>Gross Motor</b>	<p><b>Best of Balls</b></p> <ul style="list-style-type: none"> <li>Develop the ability to control a ball in a range of ways.</li> </ul>

	<ul style="list-style-type: none"> <li>• Develop the ability to throw accurately at a target.</li> <li>• Use throwing skills in a small sided game.</li> <li>• Be able to use a bat or racket to move and control an object.</li> <li>• Develop the ability to catch and bounce a ball.</li> <li>• Develop the ability to kick a ball.</li> </ul> <p><b>Gym in the Jungle</b></p> <ul style="list-style-type: none"> <li>• Develop the ability to move in a range of ways.</li> <li>• Increase the ability to move around and onto equipment.</li> <li>• Increase the ability to move under and onto equipment.</li> <li>• Increase the ability to move over and onto equipment.</li> <li>• Combine different movements together while negotiating different equipment.</li> </ul>
<b>Fine Motor</b>	<ul style="list-style-type: none"> <li>• Develop and practise an effective grip when handling pencils, pens, paint brushes etc.</li> <li>• Draw a person with increasing detail.</li> <li>• Write letters and numbers with correct formation.</li> <li>• Begin to control the size of their letters and sit them on the line.</li> <li>• Continue to develop accuracy when cutting.</li> <li>• Eat at lunch time with a knife and fork attempting to cut soft food.</li> <li>• Handle a range of tools and objects when playing and learning.</li> </ul>
<b>Assessment milestones</b>	
<p>I can explore and have developed confidence in different ways of moving.</p> <p>I can throw balls in the direction of a target/peer and attempts to catch large balls/beanbags by moving towards it.</p> <p>I can use climbing equipment with confidence and enjoyment.</p> <p>I am developing throwing and catching skills with appropriate apparatus.</p> <p>I can demonstrate good posture when working on table-top activities.</p>	<p>I can use a knife and fork, attempting to cut soft foods.</p> <p>I can form all letters of the alphabet with correct formation.</p> <p>I can use a tripod grip.</p> <p>I can use scissors with effective hand-positioning and with control.</p> <p>I can add detail to drawings, e.g. eyelashes or windows on a house.</p>

