



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
General Themes	All About me!	Terrific Tales!	Amazing Animals!	Growth!	journeys!	Changes!
Physical development	Physical activity is vital in children's all-round development, enabling them to pursue happy, healthy and active lives. Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child's strength, co-ordination and positional awareness through tummy time, crawling and play movement with both objects and adults. By creating games and providing opportunities for play both indoors and outdoors, adults can support children to develop their core strength, stability, balance, spatial awareness, co-ordination and agility. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being. Fine motor control and precision helps with hand-eye co-ordination, which is later linked to early literacy. Repeated and varied opportunities to explore and play with small world activities, puzzles, arts and crafts and the practice of using small tools, with feedback and support from adults, allow children to develop proficiency, control and confidence.					
Intent	Develop their movements - walking, balancing, jumping, skipping and hopping through a range of activities such as riding scooters, bikes and trikes and using balls. Go up and down steps and apparatus using alternate feet. Use large muscle movements to wave flags, paint and make marks. Take part in some group / team activities. Use and remember sequences and patterns relating to music and rhythm. Making choices on how to move for example across a plank. Select resources to carry out a plan. Collaborate with others to manage large items. Using a range of tools such as one handed scissors, pens and pencils and a knife and fork when eating. Develop independence when getting dressed and undressed for example zipping up their coats. Meet their own care needs such as going to the toilet and washing / drying their hands. Make healthy choices about food and drink and looking after their teeth.					
Implementation						
Gross motor	Cooperation games i.e. parachute games. Climbing - outdoor equipment. Different ways of moving to be explored with children. Help individual children to develop good personal hygiene. Acknowledge and praise their efforts. Provide regular reminders about thorough handwashing and toileting.	Ball skills- throwing and catching. Crates play- climbing. Dance related activities - Moving to music. Provide a range of wheeled resources for children to balance, sit or ride on, or pull and push.	Large muscle movements - Ribbons, flags and chalks. Ball skills-rolling, pushing, throwing & catching, patting, or kicking. Dance / moving to music Gymnastics ./ Balance.	Balance- children moving with more confidence Dance and movement related activities Use picture books and other resources to explain the importance of the different aspects of a healthy lifestyle.	Obstacle activities children moving over, under, through and around equipment Dance / moving to music. Two-wheeled balance bikes and pedal bikes without stabilisers, wheelbarrows and prams / carts.	Races / team games involving gross motor movements. Dance and movement related activities . Gymnastics ./ Balancing.
Fine motor	Dough disco and squiggle while you wiggle. Threading, cutting, weaving, playdough. Making marks using gross motor movements Hold and use pencils/paint brushes.	Dough disco and squiggle while you wiggle. Threading, cutting, weaving, playdough. Develop muscle tone to put pencil pressure on paper.	Dough disco and squiggle while you wiggle. Threading, cutting, weaving, playdough. Handle tools, objects, construction and malleable materials with increasing control. Hold a pencil to make marks.	Dough disco and squiggle while you wiggle. Threading, cutting, weaving, playdough, Fine Motor activities. Encourage children to draw freely. Holding Small Items / Button Clothing / Cutting with Scissors Writing letter shapes from their name.	Dough disco and squiggle while you wiggle. Threading, cutting, weaving, playdough, Fine Motor activities. Cut along a line with scissors. Zipping coats and putting on their wellies. Beginning to write their name.	Dough disco and squiggle while you wiggle. Threading, cutting, weaving, playdough, Fine Motor activities. Start to colour inside the lines of a picture. Start to cut along a curved line, like a circle. Start to draw pictures that are recognizable. Writing their name.

Continuously check the process of children's handwriting (pencil grip and letter formation, including directionality). Provide extra help and guidance when needed.