

Physical Knowledge Sequencing

Intent

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 coordination, 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.

Substantive Knowledge

The knowledge of basic skills used across all of P.E. such as: running, jumping, throwing, catching, participating in team games or performing a series of movements in order. Our PE scheme Real Gym carefully sequences the development of basic PE skills in Dance and Gym.

Disciplinary Knowledge

The knowledge of applying basic skills which have been learned up to a certain point, to a specific end purpose or game such as: football, hockey, tennis, dance, gymnastics etc. This enables pupils to compete, improve, enjoy, and lead healthy lifestyles.

Nursery

Physical development is taught through many aspects of our curriculum; ranging from robust physical activity outside and learning about our bodies and to fine motor skill and handwriting development. Throughout Early Years children are offered a balance of outdoor play opportunities and indoor physical development. Children throughout Early Years also take part in regular Squiggle While You Wiggle sessions and staff work with parents to support independence with eating/coats and dressing.

Children leave Nursery ready to take on the physical challenges of Reception with the basis of good fine motor development. They are becoming increasingly able to navigate small tools and pencils for mark making. They build up their gross motor skills through climbing to develop their back and shoulder muscles and practice a range of fine motor activities that allow them to gain confidence and the muscle development needed in the areas of their hands and arms ready for writing in Reception. Children move around in a range of ways and begin to learn how different ways of moving are appropriate for different situations. They begin to be more agile and able to use climbing equipment and balance.

Fine Motor Skills

Knows how to choose and use correct resources for their play.
Knows how scissors work and has a go.
Knows how to hold a pencil and make marks.
Knows which hand feels comfortable for drawing and writing.
Beginning to know how to do up coats, zips and buttons.
Knows how to hold a knife and fork.

Gross Motor Skills

Knows how to move in increasing ways – bike, scoot, ball skills ect.
Move around using alterative feet.
Knows how to move around in different ways.
Knows how to balance on large climbing equipment.
Knows how to take part with team work.
Knows how movement can be appropriate for different situations eg move slowly across a beam.
Use large muscle movements to wave flags, streamers, paint and make marks.

Reception

Physical development is taught through many aspects of our curriculum; ranging from robust physical activity outside and learning about our bodies and to fine motor skill and handwriting development. Throughout Early Years children are offered a

balance of outdoor play opportunities and indoor physical development. Children throughout Early Years also take part in regular Squiggle While You Wiggle sessions and staff work with parents to support independence with eating/coats and dressing.

Children in Reception have built upon the physical knowledge that they have acquired in Nursery and leave ready to take on the challenges of Year 1 and the National Curriculum. They have a weekly PE session which is carefully sequenced to allow them to develop the skills they need to access the PE curriculum in year 1. They develop control and accuracy when writing and form most letters correctly. They refine their fine motor development and are able to manipulate smaller tools and toys. They are able to use cutlery to eat and have developed increasing independence with managing dressing, buttons and zips. Children develop the movement skills that they have learnt in Nursery and become confident to energetically move in a range of ways. They move more freely and in a controlled manner when needed and develop some simple ball control.

Fine Motor Skills	Gross Motor Skills
<p>Knows how to write letters in a controlled, accurate and efficient manner, most formed correctly.</p> <p>Knows how to use cutlery and small tools.</p> <p>Knows how to hold a pencil with a tripod grip.</p> <p>Knows how to show accuracy and care when drawing.</p>	<p>Knows how to and can do so energetically - rolling - walking - running - skipping - crawling - jumping - hopping – climbing</p> <p>Knows how to move around with control, showing consideration for others</p> <p>Children take part in basic performances where they sing and dance.</p> <p>Has overall body strength needed to move freely and take part in physical activity.</p> <p>Knows how to use equipment safely. Knows how to use balls in a controlled manner including footballs</p> <p>Knows how to sit with good posture on the carpet or at a desk.</p>