









Ashdene Primary School – EYFS Physical Development Curriculum

Purpose of Study	<p>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.</p>					
Aims	Gross Motor <ul style="list-style-type: none"> 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. 	Fine motor <ul style="list-style-type: none"> Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases Use a range of small tools, including scissors, paint brushes and cutlery Begin to show accuracy and care when drawing 	Handwriting <ul style="list-style-type: none"> Write recognisable letters, most of which are correctly formed Write simple phrases and sentences that can be read by others. 			
Curriculum Design	<p>The Early Years Curriculum is based on the EYFS Statutory Framework and Development Matters 2021. Both these documents set expectations for children to achieve by the end of the Reception Year. Our curriculum explicitly sets out the new knowledge that children will learn each lesson which links to the educational programmes within the EYFS Statutory framework. This knowledge has been mapped out throughout the reception year but also supports further learning and development once the children move to the National Curriculum.</p>					
Personal Development Links	 RESPECT	 SMSC	 Rights Respecting	 British Values	 Jigsaw	 Trips and Visits



Physical Development Overview

	HT1	HT2	HT3	HT4	HT5	HT6
Gross Motor (P.E Sessions)	Key Skills	Gymnastics	Dance	Fundamentals	Ball Skills	Games