

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, coordination 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, coordination 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.

## Gross Motor Skills

## Fine Motor Skills

### Objectives (Development Matters)

Revise and refine the fundamental movement skills they have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping, climbing.  
Progress towards a more fluent style of moving, with developing control and grace.  
Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.  
Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor.  
Combine different movements with ease and fluency.  
Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.  
Develop overall body-strength, balance, co-ordination and agility.  
Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.  
Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.

Develop their small motor skills so that they can use a range of tools competently, safely and confidently.  
Develop the foundations of a handwriting style which is fast, accurate and efficient.

### Early Learning Goals (Assessment)

\*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.

\*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.

### Module 1

### Module 2

### Module 3

### Module 4

### Module 5

### Module 6

### Skills

To use a dominant hand.	To begin to use anticlockwise movement and retrace vertical lines.	To show good practice with regard to exercise, eating, sleeping and hygiene.	To handle tools, objects, construction and malleable materials safely and with increasing control.	To use a pencil effectively to form recognisable letters, most of which are formed correctly.	To show good control and co-ordination in large and small movements.
To begin to form recognisable letters which are formed mostly correctly.	To use climbing equipment safely and competently.	To be able to balance and coordinate safely.	To move in a variety of different ways.	To move in a variety of different ways	To throw and catch a large ball
To use climbing equipment safely and competently.	To negotiate space effectively.	To negotiate space effectively.			
To begin to negotiate space effectively.	To form letters of the name with growing confidence.	To develop fine motor skills to change with increasing independence.			
To manage their basic needs	To develop fine motor skills to change with increasing independence.				

### Knowledge

To know which hand to write with.	To know how to make anticlockwise movement and retrace vertical lines.	To know good practice with regard to exercise, eating sleeping and hygiene can contribute to good health.	To know why it is important to handle different apparatus safely.	To know how to form letters correctly.	To know how to handle a range of equipment and tools effectively.
To know how to use the outside equipment safely.	To know how to use the trim trail safely.	To know how to use scissors effectively.	To know how to use scissors effectively.	To know how to use scissors effectively.	To know how to use scissors effectively.
To know how to use scissors effectively.	To know how to use scissors effectively.				
	To know how to handle and manipulate different fastenings.				