**EYFS Long Term Plan – Physical Development**

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| **Pre-School** | **Autumn Term** | **Spring Term** | **Summer Term** |
|  | **Gross Motor Skills**Pedal trikesMoving in different ways animals from Spot the dogCrawling, crocodile arms, walking, running, skip, hop, stand on one legClimbing and jumpingPulling themselves up onto equipment, pushing up with their armsScootersCatching, throwing, kicking large ballsCan they hold a squatMoving avoiding obstaclesLight sabres – moving using large movemntsTo put on a tabard**Fine Motor Skills**Using a palm grip to hold a pencil and make marks.Using snippers independently to make snips.To use tweezers to move large equipment (pom poms)Big scoops sand and waterHammering golf tees into a pumpkinHolding a pencil - mark makingTo use a stick, finger, and paintbrush to mark make in different materials Big spoons and ladles in waterSqueezing, squashing playdough to change its shapeintroduce scissors and snippingManipulating playdough with scissors and rolling pinsThreading large beadsLarge pegs and boards.Manipulating construction Kits -train trac, Wooden blocks, Klondikers | **Gross Motor Skills**Large muscle movementsSequence bear hunt movementsDancing boogie beebies Penguin bop and I wish it would snowMoving to the beatLarge mark making (maps)Balls - catching and kicking in pairsRolling a ball in pairsFlags and streamers (crossing the mid line)Ribbon wands and hoopsClimbing, jumping and landing safelyDigging and plantingLifting and moving wheelbarrows, large rakes and yard brushesTo put on an apronLarge paintbrushes and water outside**Fine Motor Skills**Scooping rice crispies with a spoonKnives and soft foods, apply pressure to make a cut Smaller scoops in sand and waterTo use pincher grip to apply pressurePipettes in the water tray Rolling eggs with playdoughHolding a pencil drawing letter shapesMark making drawing different animalsIntroduce tripod gripSpreading toppings on pancakes with a knivesThreading vertically with the abacusHolding a pencil some writing letter shapes from their nameDrawing left to rightPouring with watering cansMaking beans and beanstalks with playdough, rolling different lengthsPainting/ mark makingThreading pasta Apply pressure to spray bottles for watering flowers.Manipulating construction Kits – Rainbow blocks and mirror blocks, Starbursts, Stickle-bricks | **Gross Motor Skills**Different movements slither, gallop, trot, rolling, hopping, skipping, jumpingClimbing, jumping and landing safelyPractise for sports dayFollow, lead and copy movementsRiding balance bikesSequence movementsTo put on dressing up clothes**Fine Motor Skills**Threading cereal vertically and horizontally Holding a pencil writing letters from nameTo use a tripod gripTo have a dominant hand To write letters from their nameUsing knives in the playdoughHolding a pencil writing their nameSmashing and crushing cerealPouring potion bottles and funnels Small pegs and boardsHolding a pencil writing their nameSmashing and crushing cerealPouring into potion bottles and funnels Small pegs and boards Manipulating construction Kits – Duplo, Meccano |

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| **Reception** | **Autumn Term** | **Spring Term** | **Summer Term** |
|  | **Gross Motor Skills**Moving in different ways and directions.Crawling, balancing and climbing over the different apparatus.Sitting at a table correctly.Lining up – queuing.Using the balance bikes. Spatial awareness – pedalling trikes, jumping up and down ladders, moving across the apparatus outside.Rolling tyres in different directions.Pulling tyres with ropes.Dancing with ribbon sticks and scarves.Parachute games – swapping places.Chasing ring games.Spatial awareness – traffic lights, cones and domes, dodging mats, jumping in and out of hoops.**Fine Motor Skills**Using knives, scissors, mashers, graters, tweezers and sieves.Using trowels and forks when digging.Undressing and dressing dolls.Threading beads and cotton reels. Manipulating playdough – rolling eggs and cut them with a knife once they have made them.Making imprints in playdough.Making impressions using textures.Manipulating playdough –brooms by rolling into a sausage shapes.Manipulating playdough –using rolling pins and Christmas cutters to make cookies.Holding a pencil – tracing lines, circles and spirals – anti-clockwise.Learning the formation of Phase 2 phonemes /graphemes.Folding, rolling, cutting and wrapping using paper.Manipulating construction Kits - Magnetics, unifix, clever sticks, Duplo, foam blocks – experiment with the different kits. | **Gross Motor Skills**Apparatus work. Practising different ways to move – spin, rock, tilt, fall, slide and bounce.Use these different ways of moving on the apparatus.Balancing of different parts of their bodies.Pushing and pulling their bodies.Moving sideways, bouncing, bunny jumps and star jumps on and off the apparatus.Throwing and catching balls.Throwing balls at a target.Kicking and passing the balls to one another.Kicking balls at different targets.Dance – Handa’s Surprise (Val Sabin)**Fine Motor Skills**Using jugs and funnels for pouring and stirring investigations.Using clay tools, peelers, pipettes, and water sprays.Manipulating playdough –Gingerbread cutters, 2D shape cutters and rolling pins.Manipulating playdough – making different types of bread and experimenting with the techniques.Manipulating playdough –animals, fruit.Kneading clay and manipulating it to make simple pots.Clay imprints.Cutting out different features and making a gingerbread man.Making 3D maps with blocks and junk materials.Curling paper for feathers to create 2D hens.Paper plate animals – using different paper techniques.Holding a pencil – learning the formation of Phase 2/3 phonemes/graphemes.Manipulating construction Kits -wooden blocks, inter star, stickle bricks – experiment with the different kits. | **Gross Motor Skills**Timed activities – running, speed bounce, running, bouncing balls, throwing balls at a target.Sport’s Day practice.Creating obstacle courses and moving across them using a variety of skills. Throwing and catching beach balls.Using the bats to hit a ball – batting to one another.Moving using exaggerated movements.Team games:Playing TailsStuck in the MudBaked BeansWhat’s the time Mr WolfSimple ball games.Patting balloons.**Fine Motor Skills**Using syringes, whisks and a hole punch.Attaching fruit together by sewing using a needle and thread.Attaching paper using treasury tags.Making 3D minibeasts using a variety of materials.Manipulating playdough –making 2D and 3D shapes, mini beasts, sea creatures, dinosaurs.To make a salt dough model of Gaudi’s dragon.Holding a pencil – focusing on ascenders and descenders – writing on lined paper.Focusing on lower case letters and capital letters.Manipulating construction Kits -mobilo, nuts and bolts– experiment with the different kits. |