



Physical Development

In addition to the activities below, the children have daily access to the Outdoor Areas which includes a trim trail, pirate ship, riding wheeled vehicles on the track, sand, water, PE trolley of equipment, space hoppers, den building, gardening equipment, small world toys, construction, role play areas, chalk & large boards, instruments, mats for free movement, large building blocks & obstacle courses, themed Literacy and Numeracy tuff trays. They also have daily access to the Art Room which includes many activities which promote fine motor skills such as drawing, cutting & sticking, playdough, painting, construction, cooking & the workshop area. There are writing activities available in all rooms and children are encouraged to hold their pencil effectively (usually using the tripod grip) and using pencil grips where needed. Teachers stay in the dining hall for the first part of lunch and encourage and scaffold children to use cutlery. Children visit the 'Mile a Day' running track daily after lunchtime play. If weather conditions don't allow us to visit the track children complete a Cosmic Yoga session instead.

Autumn1 My

Family/Autumn/Harvest

To develop the skills they need to manage the school day. E.g. Ability to eat dinner with knife and fork. Modelled by teacher. Listening position- good posture. Combining different movements and using own space. Practise good grip when holding pens and pencils. Developing pencil control/ lines/ circles/ zigzags/ drawing family/ autumn objects. Funky fingers activities e.g. dough disco. Practise using scissors to cut. Cosmic Yoga/Lets Move Balance on trim trail. Practise throwing and catching

Autumn 2

Space/Enterprise/Christmas

Use knife and fork (scaffold cutting up). Develop fine motor skills. Cutting, pencil grip, painting, funky fingers & drawing , letter/number formation rhymes. Balancing and manoeuvring around the track on bikes/scooters & trim trail. Space games to develop co-ordination, strength and agility. Circuits for ball skills, throwing, catching, kicking, aiming. Dance Justin 'The Night Before Christmas'. Cosmic Yoga. Christmas party games/ dancing.

Spring 1

Winter/Castles/Transport

Increased independence when using cutlery (scaffold for as long as required). Circuits including development of fundamental movement skills and topic related obstacle courses with small apparatus. Safety awareness when using/carrying/ moving small apparatus. Develop ball skills throwing, kicking, catching, passing, batting, aiming. Develop fine motor skills & manipulate a range of tools. Further develop letter formation & drawing. Safety on the roads walk and talk. Police visit. Cosmic Yoga

Spring 2

T.Tales/Superheroes/Healthy Bodies

Further development of fundamental movement skills and topic related obstacle courses with small/ large apparatus. Superhero training combining movements fluently. Visit from the school nurse and Dirty Bertie puppet to talk about hand washing. Learn about aspects of health and wellbeing: regular exercise, healthy eating, tooth brushing, healthy screen time, good sleep routines, road safety. Stranger Danger talk. Ambulance visit. Handwriting& guided drawing practice. School Nurse visit. Cosmic Yoga.

Summer 1

Spring/ Recycling/ Toys

Increased independence using cutlery. Further development of fundamental movement skills in and outside. Recycling "3 R's" dance. Bats and ball games. Sports day and practise team relay races (carousel of activities including egg and spoon race, space hopper race, running race, ball games, water race etc.) Pedal and maintain balance on range of bikes. Practise handwriting, writing on the line, drawing, use of fine paintbrush. Cosmic Yoga

Summer 2

Animals /Under the Sea/Pirates

Can use a knife and fork independently. Big Sing year group dance. Music and movement dancing. Large cooperative parachute games. Pirate playground games, following rules/ instructions & special awareness. Zoo visit and importance of hand washing. Free drawing that demonstrates accuracy and detail. Can effectively demonstrate the fundamentals of movement. Demonstrates a good pencil grip and correct letter formation. Writing on the line. Cosmic Yoga