

Physical Development

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. Development Matters 2020

Core Skills – Links to ELG06

The knowledge that I am learning is:

- to balance
- to develop my core muscle strength
- to develop a healthy body and mind and to become independent in my selfcare
- to develop my fine motor control to form letters and cut with scissors
- to develop my visual perception skills

	Step 1	Milestone (CP2)	Step 2	Step 3	Milestone (CP6)
Stage 1 (Birth-2)	 I am learning to control my head in a prone position  I am learning to lift my head off the floor during tummy time  I am learning to kick my legs when lying on my spine	☐ I can control my head movements (by 6 months) ☐ I can reach with my arms and legs (by 6 months) ☐ I can roll (by 12 months) ☐ I can pull to sit	 I am learning to pull to stand  I am learning to cruise  I am learning to walk unaided  I am learning to push a car along a surface	 I am learning to sit on a chair independently  I am learning to safely climb the stairs  I am learning to squat when I play  I am learning to run on my whole foot	☐ I can walk usually unaided ☐ I can sit on a chair unaided ☐ I can move from lying to sitting and then onto standing without help ☐ I can throw a ball

	- I am learning to roll - I am learning to sit - I am learning to crawl	☐ I can sit without support		- I am learning to lift my leg and sit on a trike - I am learning to throw a ball overhand	
Stage 2 (2-3)	- I am learning to push, pull and steer objects - I am learning to jump off one step - I am learning to walk into a large ball to move it - I am learning to scoot a trike with two feet together	☐ I can walk independently ☐ I can rise from a squat ☐ I can walk on my whole foot ☐ I can jump with two feet from a low step ☐	- I am learning to pull and push myself up, on and off equipment - I am learning to stop, start and turn when walking without falling over - I am learning to kick a large ball - I am learning to use bilateral movements to move a trike - I am learning to develop my shoulder girdle by pulling my own weight	- I am learning to balance on one leg momentarily - I am learning to stand on my tip toes - I am learning to pedal a trike - I am learning to catch a ball - I am learning to pick things up with my toes - I am learning to develop my shoulder girdle by hanging and carrying my own body weight	☐ I can kick a ball ☐ I can peddle a trike ☐ I can pull my body weight to climb ☐ I can change direction without falling over
Stage 3 (3-4)	- I am learning to use alternate feet to come up and down the stairs - I am learning to steer around corners when pedalling - I am learning to see an object distinct from its background	☐ I can find something hidden in the background of a book ☐ I can climb up and down the stairs safely ☐ I can catch a ball ☐ I can kick a ball with force ☐ I can climb a ladder	- I am learning to recognise an object from different angles - I am learning to recall a pattern of objects - I am learning to do a bridge - I am learning to balance on a line - I am learning to jump	- I am learning to recognise an object when a small part is shown - I am learning to balance on a narrow beam - I am learning to jump from height and bend my knees to land	☐ I can balance on one leg ☐ I can jump and land safely ☐ I can climb up and down a ladder or equipment ☐ I can run and negotiate space successfully without

	 I am learning to pick a distinct shape from a box containing a variety of shapes  I am learning to catch a ball  I am learning to do a press up  I am learning to balance on a wide beam  I am learning to follow directions		and bend my knees to land safely  I am learning to follow specific instructions  I am learning to balance on my preferred leg	safely  I am learning to follow instructions which direct me left and right  I am learning to balance on one leg with no preference	collision
Stage 4 (4-5)	 I am learning to climb skilfully  I am learning to balance on a wide beam and pick up a bean bag  I am learning to hold my left or right hand up with cues  I am learning to complete an obstacle course and describe what I am doing under/over/through/behind/in front of.  I am learning to skip on alternative feet  I am learning to stand stationary and balance a bean bag	☐ I can balance on a beam whilst picking up an item ☐ I can follow directions ☐ I can move in a range of ways and avoid obstacles ☐ I can pull my body weight	 I am learning to bat a ball  I am learning to balance on a narrow beam and pick up a bean bag  I am learning to lift my right or left hand up when asked independently  I am learning to repeat motor patterns of letters with my eyes closed  I am learning to follow directions from an adult  I am learning to repeat patterns of hopping and jumping	• I am learning to follow directions on a map • I am learning to walk on a beam with a bean bag balanced on my head • I am learning to hopscotch • I am learning to recognise forms and objects as the same in various situations. •	☐ ELG06: I can negotiate space and obstacles safely, with consideration for themselves and others ☐ ELG06: I can demonstrate strength, balance and coordination when playing ☐ ELG06: I can move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

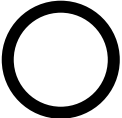
	on my head				
Health and Wellbeing – Links to ELG04, ELG06 and ELG07 The knowledge that I am learning is: - To understand how to be physically and mentally healthy. - To become Independent.					
	Step 1	Milestone (CP2)	Step 2	Step 3	Milestone (CP6)
Stage 1 (Birth-2)	 I am learning to suck rhythmically  I am learning to move my tongue back and forth when trying solids  I am learning to bring my hands towards the bottle or breast  I am learning to communicate my discomfort when I have a full nappy	☐ I can suck from a breast or bottle well ☐ I can hold my own bottle (or cup) ☐ I can communicate to an adult when I need my nappy changing	 I am learning to feed myself with my hands and a spoon  I am learning to hold my own bottle and cup  I am learning to recognise when I urinate or pass a bowel movement	 I am learning to hold my own toothbrush  I am learning to drink from an open cup  I am learning to communicate when I urinate or pass a bowel  I am learning to hold my toothbrush	☐ I can eat solids without gagging or choking and I like to eat food that has a range of textures and tastes ☐ I can feed myself independently using my hands ☐ I can drink from a straw
Stage 2 (2-3)	 I am learning to eat well with a spoon and fork  I am learning to drink from an open cup without spilling  I am learning to pull my trousers down  I am learning to recognise what a	☐ I can bring a spoon to my mouth without spilling my food ☐ I can eat without gagging or choking ☐ I can drink from an open cup ☐ I can drink from an open cup	 I am learning to use the potty or toilet  I am learning to wash my hands independently  I am learning to help adults to put my clothes, socks and shoes on  I am learning to	 I am learning to tell you about my likes and dislikes relating to food  I am learning to use the toilet, flush the chain and wipe the seat  I am learning to open and close large	☐ I can assist with dressing and undressing ☐ I can eat a variety of solid foods and drink ☐ I can use the toilet or potty ☐ I can copy the back and forth motion of brushing my teeth

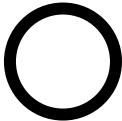
	toilet and potty is used for ✚ I am learning to wash my own hands with soap ✚ I am learning to feed myself with a fork and spoon ✚ I am learning to wipe my own nose ✚ I am learning to make brushing movements with my tooth brush		remember my routine of brushing my teeth	buttons ✚ I am learning to pull a zip up and down ✚ I am learning to wash and dry my face and hands independently ✚ I am learning to recognise when my body needs to rest	☐ I can wipe my own nose and put the tissue in the bin
Stage 3 (3-4)	✚ I am learning to get dressed and undressed, for example, putting on my coat and shoes. ✚ I am learning to pour a drink without spilling ✚ I am learning to confidently communicate to my familiar adults when I am hungry, thirsty or tired ✚ I am learning to cut my food into small pieces with my knife ✚ I am learning to use the toilet independently most	☐ I can put my own socks and shoes on ☐ I can put my own coat on ☐ I can use the toilet independently ☐ I can wash and dry my face and hands independently ☐ I can tolerate brushing my teeth	✚ I am learning to name all of my body parts ✚ I am learning to demonstrate my understanding why it is important to wash my hands ✚ I am learning to try new food and recognise healthy and unhealthy food ✚ I am learning to zip my coat up ✚ I am learning to recognise when I am tired or hungry ✚ I am learning to use a knife and fork together at the same time	✚ I am learning to observe the affects of exercise on my body ✚ I am learning to tell you what my body parts are used for ✚ I am learning to tell you why some food is healthy and some food is unhealthy ✚ I am learning to do small buttons ✚ I am learning to explain how I stay safe in the different weathers ✚ I am learning to explain why it is important to brush my teeth	☐ I feel valued and proud to carry out small tasks for my familiar adults ☐ I can select and use activities to support me in my goal ☐ I can use a knife and fork ☐ I can use the toilet independently, flush the chain and wash and dry my hands ☐ I can help to brush my teeth and know why it is important ☐ I can tell you what foods are healthy and unhealthy ☐ I can manage my day

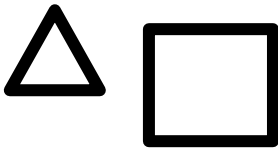
	 of the time  I am learning to independently wash my hands carefully		 I am learning to make simple healthy choices with food and drinks		to day self-care routines and make choices to keep me safe, warm or protect me from the sun
Stage 4 (4-5)	 I am learning to recognise my own strengths and things I find difficult  I am learning to sort healthy and unhealthy foods into categories  I am learning about the importance of vitamins and minerals  I am learning about regular visits to the dentist  I am learning how to keep my body clean and tidy	☐ I can make healthy choices when choosing foods and can explain my understanding of vitamins and minerals ☐ I can tell you when I should brush my teeth and what foods and drink keep my teeth healthy	 I am learning to communicate freely about my community  I am learning to describe myself positively to others and talk about my strengths and abilities  I am learning to think about others perspectives and communicate my views	 I am learning to recognise my peer's strengths and talk to them positively about what I have noticed  I am learning to set my own learning goals, make my own choices and persevere when challenge occurs  I am learning to identify mistakes of others and offer strategies to support their resilience	☐ ELG04: I am confident to try new activities and show independence, resilience and perseverance in the face of challenge
Fine Motor Skills – Links to ELG07 The knowledge that I am learning is:					

- To build up the strength in my hands
- To use scissors with increasing accuracy
- To form letters correctly

	Step 1	Milestone (CP2)	Step 2	Step 3	Milestone (CP6)
Stage 1 (Birth-2)	 I am learning to bring my hands to the midline of my chest  I am learning to scoop toys with a palmer grasp  I am learning to pass a toy from one hand to another	☐ I can look for toys and I am interested in picking things up ☐ I can open and close my fists ☐ I can use both sides of my body ☐ I can close my hand firmly around objects placed in palm	 I am learning to point with my index finger  I am learning to pick small items up with a pincer grip  I am learning to build a tower of two blocks	 I am learning to build a tower of three bricks  I am learning to use a palmer grasp to scribble and make marks	☐ I can place an object in a container ☐ I can use two hands ☐ I can hold a pencil, chalk or similar object with a whole palmar grasp ☐ I can pick up things between my finger and thumb ☐ I can let go of things
Stage 2 (2-3)	 I am learning to build a tower of five bricks  I am learning to paint with whole arm movements  I am learning to thread three large beads  I am learning to open and close a book	☐ I can make circular movements with my whole arm ☐ I can pick up small objects ☐ I can make circular motions when mark making using a palmer grasp	 I am learning to build a tower of six bricks  I am learning to insert five pegs into a peg board  I am learning to copy vertical and horizontal lines with a mark making tool  I am learning to turn thick pages in a book	 I am learning to build a tower of eight bricks  I am learning to turn individual pages in a book  I am learning to consistently choose a particular hand to use for tasks	☐ I can engage in messy play ☐ I can follow simple boundaries and routines most of the time ☐ I can identify and express how I am feeling ☐ I can show affection towards others

Scissor Skills	- I am learning to tear paper - I am learning to squeeze a spray bottle with my hands	☐ I can grasp and release	I am learning to open and close the scissors with two hands	I am learning to snip with scissors, this maybe using two hands	☐ I can use scissors for purpose ☐ I can make snips in paper using no particular method
Letter formation	I am learning to form a vertical line on surfaces with texture to offer sensory feedback. 	☐ I can copy a straight vertical line	I am learning to form a horizontal line on surfaces with texture to offer sensory feedback. 	I am learning to form spirals on surfaces with texture to offer sensory feedback. 	☐ I can copy spirals or circles that overlap
Stage 3 (3-4)	- I am learning to grasp a tool with a digital pronate grasp - I am learning to build a tower of ten bricks - I am learning to thread fine beads - I am learning to use circular movements with my wrists to make marks - I am learning to roll a ball of playdough	☐ I can hold a pencil and make marks ☐ I can fit together construction such as Duplo ☐ I can thread fine beads ☐ I can roll a ball of playdough	- I am learning to hit a golf tee with a hammer - I am learning to form a cross shape - I am learning to connect and fasten a zip - I am learning to build Lego - I am learning to open and close packets and boxes	- I am learning to grasp and use a tool with a tripod grip - I am learning to form a square - I am learning to fasten small buttons - I am learning to use a tape dispenser	☐ I can use a tripod grip to make marks ☐ I can join small construction together ☐ I can manipulate a range of tools using one hand for a purpose
Scissor	I am learning to snip	☐ I can snip paper	I am learning to snip	I am learning to snip a	☐ I can hold scissors

Skills	paper holding the scissors with one hand	with scissors using one hand	using the correct one handed grip and using my spare hand to hold the paper	10 cm line	correctly ☐ I can transport scissors safely
Letter Formation	 I am learning to form a defined circle on surfaces with texture to offer sensory feedback. 	☐ I can show interest in forming recognisable letters using a variety of tools	 I am learning to form a cross on surfaces with texture to offer sensory feedback. 	 I am learning to form a square surfaces with texture to offer sensory feedback. 	☐ I can copy a circle, cross and square
Stage 4 (4-5)	 I am learning to use tweezers to transport items.  I am learning to copy letters  I am learning to use palm of my hand and my fingers to make medium sized shapes.  I am learning to use tools to cut dough, mostly in linear fashion.	☐ I can form some recognisable letters ☐ I can manipulate materials to make a sculpture ☐ I can use tools for a purpose	 I am learning to use anticlockwise movement and retrace vertical lines  I am learning to write my name  I am learning to write numbers 1-5  I am learning to make sculptures with many shapes	 I am learning to Use fingers and thumb to make smaller, complex shapes (spikes, horns)  I am learning to write in structured activities where I am guided to draw, write or copy.  I am learning to use a dynamic tripod grasp  I am learning to write numerals 5-20	☐ ELG07: I can hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases; ☐ ELG07: I can use a range of small tools, including scissors, paint brushes and cutlery ☐ ELG07: I am beginning to show accuracy and care when drawing
Scissor Skills	 I am learning to cut along a 10cm straight line. Their cut line	☐ I can use scissors correctly for a purpose	 I am learning to cut along a curved line. Their cut line should	 I am learning to cut out a range of triangles (and with	☐ I can use scissors to cut lines and shapes with increasing

	should not be wider than 1.7cm.	☐ I can transport scissors safely	not be wider than 1cm. ✚ I am learning to cut out a range of squares (and with sides measuring as small as 8cm). Their cut line should not be wider than 1cm. •	sides measuring as small as 8cm). Their cut line should not be wider than 1cm. ✚ I am learning to cut out a range of circles (and with diameters measuring as small as 12cm). Their cut line should not be wider than 1cm. ✚ I am learning to cut out a range of large, simple shapes while staying within a line that is 0.6cm wide.	accuracy ☐ ELG07: I can use a range of small tools, including scissors, paint brushes and cutlery
Letter Formation	✚ I am learning to copy a square, triangle and diamond on large surfaces with texture to offer sensory feedback. 	☐ I can form a square, triangle and diamond on a variety of surfaces using a variety of tools ☐ I can show interest in forming recognisable letters that are important to me	✚ I am learning to form long ladder letters (l, t, i, j, u) correctly using chants	✚ I am learning to form one armed robot letters (b, h, k, m, n, r). ✚ I am learning to form curly caterpillar letters (c, a, d, e, g, o, q, f, s). ✚ I am learning to form zig zag letters (v, w, x, z).	☐ ELG10: I can form recognisable letters, most of which are correctly formed. ☐ ELG07: I can hold a pencil effectively in preparation for fluent writing, using the tripod grip in almost all cases.
Vocabulary The knowledge that I am learning is:					

	Core Skills	Health and Wellbeing	Fine Motor Skills	Additional Vocabulary
Stage 1 (Birth-2)	✚ Walk ✚ Run ✚ Crawl	✚ Tired ✚ Hungry ✚ Rest ✚ Teeth ✚ Toothbrush ✚ Clean ✚ Tongue	✚ Cut ✚ Draw ✚ Scissors ✚ Hold ✚ Squeeze ✚ Tap ✚ Release ✚ Roll ✚ Pinch	
Stage 2 (2-3)	✚ Balance ✚ Fast ✚ Slow ✚ Catch ✚ Throw ✚ Kick ✚ Pass ✚	✚ Healthy ✚ Relax ✚ Starving ✚ Floss ✚ Chin ✚ Cup and Saucer	✚ Tear ✚ Mark make ✚ Carry ✚ Safe ✚ Tools ✚ Grasp ✚ Twist ✚ Wiggly ✚ Strong ✚ Backwards ✚ Narrow ✚ Wide	
Stage 3 (3-4)	✚ Direction ✚ Pace ✚ Over-arm ✚ Under-arm ✚ Travel ✚ Save ✚ Goal ✚	✚ Unhealthy ✚ Screen time ✚ Meditate ✚ Appetite ✚ Oral Health ✚ Cheeks ✚ Cutlery ✚	✚ Sculpt ✚ Sculpture ✚ Texture ✚ Write ✚ Transport ✚ Equipment ✚ Co-ordination ✚ Bridging ✚ Reverse ✚ Flicking ✚ Extra	

Stage 4 (4-5)	 Fielding  Striking  Landing  Stamina  Defence  Attack  Dribble  Lean  Pencil Role  Midline  Summersault  Dodge	 Oxygen  Heart rate  Wellbeing  Mental health  Wellbeing  Ravenous  Vitamins  Minerals  Canine, Molar, Premolar, Incisor  Crockery	 Caption  Sentence  Trace  Precision  Dexterity  Orientation  Sequencing  Sufficient  Technique	
--------------------------	--	---	--	--

Characteristics of Effective Teaching and Learning

In planning and guiding what children learn, practitioners must reflect on the different rates at which children are developing and adjust their practice appropriately. Three characteristics of effective teaching and learning are:

- playing and exploring – children investigate and experience things, and ‘have a go’
- active learning – children concentrate and keep on trying if they encounter difficulties, and enjoy achievements
- creating and thinking critically – children have and develop their own ideas, make links between ideas, and develop strategies for doing things

Playing and Exploring (Engagement)	Active Learning (Motivation)	Thinking Creatively and Critically (Thinking)	Emotional Well-being
☐ I can recognise that my actions have an effect on the world, so I like to repeat them. ☐ I can make choices and explore different resources and materials ☐ I can plan and think s ahead about how I will explore or play with objects. ☐ I can guide my own thinking and actions by talking to myself as I	☐ I can participate and predict routines. I enjoy my routines ☐ I can demonstrate goal directed behaviour ☐ I can show resilience by changing my approach to help me achieve my goal ☐ I can show that I am motivated to keep on trying when I run into difficulties ☐ I can set out to achieve a goal	☐ I can participate in pretend play and think beyond the here and now ☐ I can sort materials and resources ☐ I can think of my own ideas and find new ways of doing things ☐ I can solve problems, make links and patterns in my play	☐ I can demonstrate I feel like I belong in my setting ☐ I can identify my special adults ☐ I can demonstrate I feel valued and I value others ☐ I can demonstrate I feel safe in my setting ☐ I can demonstrate resilience ☐ I can demonstrate positive self-esteem and self-worth

play ☐ I can bring experiences from home into my play ☐ I can show awe and wonder when I learn about new experiences	without extrinsic reward ☐ I can celebrate my own achievements when I achieve my own goals ☐ I can concentrate deeply when I am working on achieving my own goals	☐ I can make predictions and test my ideas ☐ I can concentrate on things that are important to me and solve real life problems ☐ I can review my progress	
--	---	--	--