

Progression of skills in Physical Development

To be a continuous focus throughout the year:

- Use core muscles for good posture at a table or sitting on the floor.
- Develop overall body-strength, balance, coordination and ability.
- Develop small motor skills to use a range of tools competently.
- Continuous development of the foundations of handwriting style which is fast, accurate and efficient.
- Develop the skills (patience, turn taking, good manners and self-control) they need to manage school day routines; lining up and mealtimes.
- Develop overall body strength, coordination, balance and agility needed to engage with future PE.

*Some of the skills introduced in Autumn term will become a continuous focus throughout the year.

Autumn	Spring	Summer
<ul style="list-style-type: none"> - (3-4) continue to develop their movement, balancing, riding and ball skills. - (3-4) increasingly be able to use and remember sequence and pattern of movement related to music and rhythm. - (3-4) Choose the right resource to carry out their own plan. - (3-4) use one handed tools and equipment and use a comfortable grip with good control when holding pens and pencils. - *Introduce the foundations of handwriting style which is fast, accurate and efficient. - *Develop the skills (patience, turn taking, good manners and self-control) they need to manage 	<ul style="list-style-type: none"> - combine different movements with ease and fluency. - Further develop and refine a range of ball skills (throwing, catching, kicking, passing, batting and aiming) - Continue to refine fundamental movement skills; rolling, crawling, walking, jumping, running, hopping, skipping, climbing. 	<ul style="list-style-type: none"> - confidently and safely use a range of large and small apparatus indoors and outdoors, alone and in a group. - Develop confidence, competence, precision and accuracy with ball activities including team games. - Progress to a more fluent style of moving, developing control and grace.

<p>school day routines; lining up and mealtimes.</p> <ul style="list-style-type: none">- Revise fundamental movement skills; rolling, crawling, walking, jumping, running, hopping, skipping, climbing.		
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