**EYFS Long Term Plan – Physical Development**

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| **Pre-School** | **Autumn Term** | **Spring Term** | **Summer Term** |
|  | **Gross Motor Skills**  Pedal trikes  Moving in different ways animals from Spot the dog  Crawling, crocodile arms, walking, running, skip, hop, stand on one leg  Climbing and jumping  Pulling themselves up onto equipment, pushing up with their arms  Scooters  Catching, throwing, kicking large balls  Can they hold a squat  Moving avoiding obstacles  Light sabres – moving using large movemnts  To 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 water  Hammering golf tees into a pumpkin  Holding a pencil - mark making  To use a stick, finger, and paintbrush to mark make in different materials  Big spoons and ladles in water  Squeezing, squashing playdough to change its shape  introduce scissors and snipping  Manipulating playdough with scissors and rolling pins  Threading large beads  Large pegs and boards.  Manipulating construction Kits -train trac, Wooden blocks, Klondikers | **Gross Motor Skills**  Large muscle movements  Sequence bear hunt movements  Dancing boogie beebies Penguin bop and I wish it would snow  Moving to the beat  Large mark making (maps)  Balls - catching and kicking in pairs  Rolling a ball in pairs  Flags and streamers (crossing the mid line)  Ribbon wands and hoops  Climbing, jumping and landing safely  Digging and planting  Lifting and moving wheelbarrows, large rakes and yard brushes  To put on an apron  Large paintbrushes and water outside  **Fine Motor Skills**  Scooping rice crispies with a spoon  Knives and soft foods, apply pressure to make a cut  Smaller scoops in sand and water  To use pincher grip to apply pressure  Pipettes in the water tray  Rolling eggs with playdough  Holding a pencil drawing letter shapes  Mark making drawing different animals  Introduce tripod grip  Spreading toppings on pancakes with a knives  Threading vertically with the abacus  Holding a pencil some writing letter shapes from their name  Drawing left to right  Pouring with watering cans  Making beans and beanstalks with playdough, rolling different lengths  Painting/ mark making  Threading 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, jumping  Climbing, jumping and landing safely  Practise for sports day  Follow, lead and copy movements  Riding balance bikes  Sequence movements  To put on dressing up clothes  **Fine Motor Skills**  Threading cereal vertically and horizontally  Holding a pencil writing letters from name  To use a tripod grip  To have a dominant hand  To write letters from their name  Using knives in the playdough  Holding a pencil writing their name  Smashing and crushing cereal  Pouring potion bottles and funnels  Small pegs and boards  Holding a pencil writing their name  Smashing and crushing cereal  Pouring 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 Tails  Stuck in the Mud  Baked Beans  What’s the time Mr Wolf  Simple 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. |