

## Nursery Long Term Plan Physical Development

	Autumn	Spring	Summer
<b>Physical Development</b>  Gross Motor Skills	<p><b>Birth to three - babies, toddlers and young children will be learning to:</b></p> <ul style="list-style-type: none"> <li>Gradually gain control of their whole body through continual practice of large movements, such as waving, kicking, rolling, crawling and walking.</li> <li>Clap and stamp to music.</li> <li>Fit themselves into spaces, like tunnels, dens and large boxes, and move around in them.</li> <li>Enjoy starting to kick, throw and catch balls.</li> <li>Build independently with a range of appropriate resources.</li> <li>Walk, run, jump and climb – and start to use the stairs independently.</li> <li>Spin, roll and independently use ropes and swings (for example, tyre swings).</li> <li>Sit on a push-along wheeled toy, use a scooter or ride a tricycle.</li> <li>Be able to maintain a sitting position for a short period (5mins) as part of a small group without losing balance (develop core strength)</li> </ul> <p><u>Observation Checkpoint</u>  <i>Around their third birthday, can the child climb confidently, catch a large ball and pedal a tricycle?</i>  <i>Look out for children who find it difficult to sit comfortably on chairs. They may need help to develop their core muscles. You can help them by encouraging them to scoot on sit-down trikes without pedals and jump on soft-play equipment.</i></p>	<p><b>Three and Four-Year-Olds will be learning to</b></p> <ul style="list-style-type: none"> <li>Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.</li> <li>Go up steps and stairs, or climb up apparatus, using alternate feet.</li> <li>Skip, hop, stand on one leg and hold a pose for a game like musical statues.</li> <li>Use large-muscle movements to wave flags and streamers, paint and make marks.</li> <li>Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm.</li> <li>Choose the right resources to carry out their own plan. For example, choosing a spade to enlarge a small hole they dug with a trowel.</li> <li>Use large and small motor skills to do things independently, for example manage buttons and zips, and pour drinks.</li> <li>Is able to put their arm into one sleeve and cooperate with an adult when getting undressed – lift arms to remove jumper / cardigan etc.</li> <li>Developing an awareness of toileting, recognising when they may need to go and generally remaining dry throughout the session.</li> <li>Is able to recognise the main parts of their body and name them – head, arms, legs, hands, feet</li> <li>Is able to mirror the actions of others</li> <li>Enjoys listening to songs and moving in time to the beat / carrying out actions songs when modelled by an adult</li> </ul> <p><u>Observation Checkpoint</u>  <i>Look out for children who appear to be overweight or to have poor dental health, where this has not been picked up and acted on at an earlier health check. Discuss this sensitively with parents, supported by EYFS lead and involve the child's health visitor. Adapt activities to suit their particular needs, so all children feel confident to move and take part in physical play.</i></p> <p><i>Support children who are struggling with toilet training, in partnership with their parents. Seek medical advice, if necessary, from a health visitor or GP.</i></p>	<p><b>Three and Four-Year-Olds will be learning to</b></p> <ul style="list-style-type: none"> <li>Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.</li> <li>Start taking part in some group activities which they make up for themselves, or in teams.</li> <li>Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank depending on its length and width.</li> <li>Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks.</li> </ul>

## Nursery Long Term Plan

### Physical Development

<b>Physical Development</b>  Fine Motor Skills	<b>Birth to three - babies, toddlers and young children will be learning to:</b> <ul style="list-style-type: none"> <li>● Use large and small motor skills to do things independently, for example manage buttons and zips, and pour drinks.</li> <li>● Show an increasing desire to be independent, such as wanting to feed themselves and dress or undress.</li> <li>● Hold a pair of scissors in one hand and snip with support.</li> <li>● Move between two hands when holding a pencil / paintbrush etc but has some preference for a dominant hand</li> <li>●</li> </ul>	<b>Three and Four-Year-Olds will be learning to</b> <ul style="list-style-type: none"> <li>● Use one-handed tools and equipment, for example, making snips in paper with scissors.</li> <li>● Use a comfortable grip with good control when holding pens and pencils.</li> <li>● Start eating independently</li> <li>● Be increasingly independent as they get dressed and undressed, for example, putting coats on and doing up zips.</li> <li>● Uses equipment with increasing awareness of risk and safe practise</li> </ul>	<b>Three and Four-Year-Olds will be learning to</b> <ul style="list-style-type: none"> <li>● Use one-handed tools and equipment, with greater accuracy and skill</li> <li>● Demonstrate increasing control when holding pens and pencils. Grip moving towards an adjusted / tripod grip</li> <li>● Start eating independently and learning how to use a knife and fork.</li> <li>● Show a preference for a dominant hand.</li> <li>● Demonstrate an ability to dress ndepednt;y - using a zip, putting on a coat etc</li> </ul>
<b>Physical Development</b>	<b>Birth to three - babies, toddlers and young children will be learning to:</b> <ul style="list-style-type: none"> <li>● Eat finger food and develop likes and dislikes. Try a wider range of foods with different tastes and textures.</li> <li>● Learn to use the toilet with help, and then independently.</li> </ul>	<b>Three and Four-Year-Olds will be learning to</b> <ul style="list-style-type: none"> <li>● Show some increasing independence in meeting their own care needs, e.g. brushing teeth, using the toilet, washing and drying their hands thoroughly.</li> <li>● Make healthy choices about food, drink, activity and toothbrushing.</li> <li>● Is able to describe different tastes and textures and makes independent choices in their food.</li> </ul>	<b>Three and Four-Year-Olds will be learning to</b> <ul style="list-style-type: none"> <li>● Be increasingly independent in meeting their own care needs, e.g. brushing teeth, using the toilet, washing and drying their hands thoroughly.</li> <li>● Begin to throw and catch a ball with increasing control</li> <li>● Use whole body to climb, swing and balance with increasing control</li> <li>● Move in a range of ways with increasing control</li> <li>● Be able to sit and hold a position for a short period without slouching</li> <li>● Shows increasingly ability to eat independently- feeding themselves and making healthy choices</li> <li>● Is able to recognise Healthy choices and say when they are hungry, full or thirsty.</li> </ul>
<b>Launchpad for Literacy</b>  <b>Motor: Fine Motor</b>	<b>2+ Skills</b> <ul style="list-style-type: none"> <li>● I explore texture and moving parts</li> <li>● I pick up small items such as raisins or threads.</li> <li>● I turn pages one-by-one</li> <li>● I build a tower of five or six bricks.</li> <li>● I make vertical, horizontal and circular marks.</li> <li>● I thread cotton reels or big beads.</li> <li>● I snip with scissors.</li> </ul>	<b>3+ Skills</b> <ul style="list-style-type: none"> <li>● I hold a crayon and scribble freely.</li> <li>● I paint with wrist action, making dots.</li> <li>● I use two containers to pour and fill.</li> <li>● I cut with scissors.</li> <li>● I manipulate dough to make balls and snakes.</li> <li>● I draw a person on request with head and face, usually no body</li> <li>● I draw circles and can copy V, H and T</li> <li>● I use scissors to cut</li> <li>● I paint and draw freely</li> <li>● I can thread small beads or complete a threading card</li> <li>● I thread and screw nuts, bolts and washer.</li> <li>● I build structures with blocks, boxes and planks.</li> <li>● I can complete a sorting task using tweezers</li> </ul>	<b>4+ Skills</b> <ul style="list-style-type: none"> <li>● I draw a person on request with heads, legs and body</li> <li>● I complete simple jigsaws that contain 6 to 10 pieces</li> <li>● I track objects, pictures and text with my finger from left to right.</li> <li>● I copy the letters X, V, T, H and O</li> <li>● I hold a pencil using a conventional grip</li> <li>● I button and unbutton</li> <li>● I write one or two letters independently, usually ones from my name</li> <li>● I cut on a line continuously.</li> <li>● I copy triangles, squares and other geometric shapes.</li> </ul>