

Rainbows Long Term Plan Physical Development

	Autumn	Spring	Summer
Physical Development Gross Motor Skills	- Gradually gain control of their whole body through continual practice of large movements, such as waving, kicking, rolling, crawling and walking. - Clap and stamp to music. - Fit themselves into spaces, like tunnels, dens and large boxes, and move around in them. - Enjoy starting to kick, throw and catch balls. - Enjoy and explore their senses through sensory play (water, sand, paint, gloop, playdough, sticky/messy activities) - Develop skills outdoors(walking, running, climbing, crawling, jumping, climbing stairs) <u>Observation Checkpoint</u> Around their third birthday, can the child climb confidently, catch a large ball and pedal a tricycle? 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.	- Build independently with a range of appropriate resources. - Walk, run, jump and climb – and start to use the stairs independently. - Spin, roll and independently use ropes and swings (for example, tyre swings). - Sit on a push-along wheeled toy, use a scooter or ride a tricycle. - More confident gross motor skills, (beginning to kick a ball, throw a ball, avoid obstacles when running) - Uses blocks to build a tower of 3 or more <u>Observation Checkpoint</u> Around their third birthday, can the child climb confidently, catch a large ball and pedal a tricycle? 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.	- Use large and small motor skills to do things independently, for example manage buttons and zips, and pour drinks. - Shows more control in holding tools (eg hammer, pencil, spade jug, spoon) - Can balance and control large movements more <u>Observation Checkpoint</u> Around their third birthday, can the child climb confidently, catch a large ball and pedal a tricycle? 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.
Physical Development Fine Motor Skills	- Use large and small motor skills to do things independently, for example manage buttons and zips, and pour drinks. - Show an increasing desire to be independent, such as wanting to feed themselves and dress or undress.	- Develop fine motor skills and strengthen hands/fingers in preparation for early writing (posting objects, puzzles, using pegs, twisting, pushing, holding tools, dough disco/playdough) - Holding crayons/pencils to make marks	Begin to hold a pencil with fingers and thumb and show more control over their mark-making
Physical Development	- Eat finger food and develop likes and dislikes. Try a wider range of foods with different tastes and textures. - Learn to use the toilet with help, and then independently.	- Show awareness of bladder and bowel urges, begin to use potty or toilet - Become more independent with self-care, hand washing, feeding/drinking, putting coat on/off	Independence in toileting/hand-washing
Launchpad for Literacy Motor: Fine Motor	2+ Skills - I explore texture and moving parts - I pick up small items such as raisins or threads. - I turn pages one-by-one - I build a tower of five or six bricks. - I make vertical, horizontal and circular marks. - I thread cotton reels or big beads. - I snip with scissors.		