

Physical Development, Early Years Curriculum Map

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| | <u>Nursery Autumn 1</u> | <u>Nursery Autumn 2</u> | Nursery Spring 1 | Nursery Spring 2 | <u>Nursery Summer 2</u> | <u>Nursery</u> <u>Summer 2</u> | | | |
|---|--|---|---|--|--|---|--|--|--|
| Connections and Context Key Experiences (Mystery reader and parent visits throughout the year) | Starting Nursery Mental Health Week Autumn Parent Stay and Play Autumn Walk Cooking | Celebrations - Diwali, Christmas Safe to be Me (Anti-Bullying) Nursery Rhyme Week (November) Trip - Walk to Postbox Christmas Carols Around Tree / Nativity songs Cooking | Winter Chinese New Year Mother's Day Winter Walk Trip - Walk around local area looking for logos / signs | Easter Shrove Tuesday Spring Easter bonnet parade Spring Walk | Father's Day Trip - Camping Trip | Transitions World Mud Day - 29 th June World Chocolate Day - July Trip - Beach Sports Day | | | |
| Statutory Framework 2021 | 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. | | | | | | | | |
| Key Texts, Poems, Songs | Pom-pom Dancing – Up, down, side-to-side Stand-up Sit-down – Sticky Kids Shake Your Sillies Out Obstacle course challenges Waddly Archer song The Gingerbread Man | Pom pom dancing - crossing midline and circles Let's go walking & Come Dance with Me - Sticky Kids Circus videos and equipment in CP Make streamers | Pom pom dancing - circles Squiggle While You Wiggle - Up, down, crossing midline Can you do that? Challenges Down in the Jungle Giraffe's Can't Dance Doing the animal bop | Pom pom dancing - humps Squiggle While You Wiggle - Circles Tip Tap goes the Crab | Squiggle While You Wiggle - Humps Dough Disco Jump Jim Joe song | Dough Disco Olympics - real athletes | | | |
| Intended Learning (Progressive and spiral) Gross Motor Skills (Locomotor skills, Manipulative skills, Stability skills) Fine Motor Skills | Run at different speeds Climb up onto higher equipment Jump from a higher level to a lower level with support Use large shoulder and arm movements Kick a large ball, chase and collect Begin to move a balance bike by moving feet Spacial Awareness Body awareness - Move across an obstacle course Stand up from sitting without moving onto front Can use pressure to squash playdough flat Make snips in paper with scissors | Continue with Autumn 1 intentions Gallop with a leading foot Twist the upper body to look backwards Jump up from crouching down Make large movements crossing the mid-line Begin to move a scooter by moving feet Hand-eye co-ordination - larger objects Balance on tip-toe Begin to balance along a balance beam Cut playdough with scissors or knife Use pressure to cut playdough with cutters | Continue with Autumn intentions Move and freeze on command Move bodies in a variety of ways e.g slither Hand-eye co-ordination – smaller objects Use pressure to roll playdough into a ball | Continue with Autumn and Spring 1 Intentions Can use ladders to climb up Use pincer movements to pick up small items or nip malleable materials Use pincer movement to rip masking tape | Continue with Autumn and Spring Intentions Move with a partner Imitating a partners movements Bounce a large ball and catch it again | Continue with Autumn, Spring and Summer intentions Leap over objects Jump from two feet Bounce ball to a friend | | | |





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| | Reception Autumn 1 | Reception Autumn 2 | <u>Reception Spring 1</u> | Reception Spring 2 | <u>Reception_Summer_2</u> | <u>Reception Summer 2</u> | | | |
|---|--|---|---|---|---|---|--|--|--|
| Connections and Contexts | My class Mental health week | Diwali, Christmas Bonfire night/ Halloween Safe to be Me Autumn | Mothers Day Chinese New Year Winter | Eid Plants/animals growing- Earth Day Easter | Co-op visit (small groups) Fathers Day Spring | Transition Holidays, Summer Int'national mud day EY Beach Visit | | | |
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| Key Texts, Poems, Songs and Experiences | Write Dance PE sessions - games Song - here we go round the mulberry bush. | Write Dance PE sessions - games The tooth fairy Vegetable Glue by Susan Chandler Oliver's Vegetables by Vivian French | Write Dance PE sessions - dance Making noodles Non fiction - food I will not ever never eat a tomato - Lauren Child | Write Dance PE sessions - dance Non fiction - growing Supertato by Sue hendra Supertato, Run veggies Run. | Write Dance Stop Look and Listen PE sessions - gymnastics Outdoor games | Write Dance PE sessions - gymnastics Outdoor games Handa's Surprise by Eileen Browne | | | |
| Intended Learning (Progressive and spiral) Gross Motor Skills (Locomotor skills, Manipulative skills, Stability skills) Fine Motor Skills | Stack, align and balance items of different shapes and sizes with blocks Thread, peg, and sew Cutting along lines with appropriate scissors, Negotiate small objects to create a desired effect Attempt basic attachment techniques. Use a range of tools when creating Participate in hand action songs Dress and undress independently e.g. put on coat Independently address their own needs e.g. toilet Move safely in a large space, negotiating obstacles Change direction. Stop quickly. Awareness of movement and standing still, with balance and co-ordination. | Stack, aligning, balancing with magnetic joints Join and separate small construction kit components by clicking and twisting. Dig with trowels and hand forks Use squashing techniques including rolling pins to achieve desired effects. Cut and turn along outlines. Chop and mix food ingredients using a range of tools. Travel in different ways with control and co-ordination. Jump in different ways. | Weave, thread and tie Use small hammers accurately Recognise body changes during exercise. Carry and control small equipment Travel across simple obstacle courses Use more complex attachment techniques that require different tools and methods. | Use woodwork tools to cut and join safely and under supervision. Safely use a wider range of food preparation tools including chopping boards and knives, graters, fruit squeezers. Control small games equipment when transporting, collecting and throwing. Travel across more complex obstacle courses including changes of height. | Use woodwork tools to cut and join safely and under supervision. Join with tape and glue. Control large scale gardening tools including watering cans. Use fine mark-making tools to create texture and pattern in clay. Control printing tools to create a desired effect. Play boom whackers with wrist and shoulder control. Dismantle objects and mechanisms using a range of hand actions. Control and steer a ball by hand. Aim, roll, track and collect a ball. | Stack and align irregular and natural objects. Use hand moulding and building techniques with malleable materials. Control large scale gardening tools including watering cans. Use fine pincer mark-making clay tools with precision. Use a range of tools to dismantle mechanisms. Bounce a ball on the spot or on the move. Roll or throw a ball underarm at a target. Kick a ball at a target or to a friend. | | | |