

Ticket to: a journey from novice to expert (Early Years Foundation Stage)

Physical Development



Our Active All Stars begin their pursuit of happy, healthy & active lives in the Early Years. Here they develop their fine & gross motor skills and gain core strength & co-ordination, all of which are vital to all round physical and mental health development.

Lower
Foundation

Little movers will:

- put on & fasten their coat
- dress themselves with support
- know that exercise is healthy for their body & mind.



Healthy body,
healthy, mind

Little movers will:

- Ride a scooter and three wheeled bike
- Climb safely with support
- Move their body in creative & exciting ways in response to a stimulus.
- Balance safely

Movement

Little movers will:

- Choose the right resources to carry out their plan e.g. build a castle.
- Use equipment to solve problems with support.
- Join in with some simple group games.
- Try their best

Tactics &
Strategies

Little movers will:

- Choose the correct technique to successfully complete physical challenges.
- Know which hand they prefer to use.
- Hold their pencil correctly with a tripod grasp to write their name.
- Select & use one handed tools safely & effectively with support.

Techniques



Upper
Foundation

Little movers will:

- dress & undress themselves independently & confident.
- know & explain why exercise is good for their body & mind.
- Make healthy lifestyle choices to care for my body & mind.



Little movers will:

- Steer a bike safely, avoiding obstacles.
- Climb independently & confidently.
- Move my body in a controlled fluent style in responses to a creative stimulus
- balance independently, and confidently on a variety of apparatus



Little movers will:

- Play a game on their own or as a member of a team.
- Be a positive team player & respect all competitors.
- Use & adapt equipment to solve problems & explain their choices.
- Be determined to succeed.



Little movers will:

- Successfully throw, catch, kick and pass a ball to my friend.
- form letters correctly & write accurately with speed.
- Select & use one handed tools independently, effectively with confidence.





Physical Development is a **Prime Area** of learning which underpins all other areas of learning. Our little athletes are naturally curious and love to play physically, exploring possible movement opportunities. They are encouraged and facilitated through challenging spaces and open ended resources and enabled to create and engage in their own games and physical activities.

In the Early Years - Physical Development - Physical Education we:



Are physically active every day indoors and outdoors through a range of planned and incidental activities.



Develop core strength to keep their position and move from the centre of their body outwards. This enables finer more refined movements.



Develop Gross Motor skills using their whole bodies in as many different, challenging ways as possible. All children need to be confident in their gross motor skills and movements. This may increase children's development of muscular strength, ability to take well intentioned, safe risks and become increasingly well-co-ordinated. Gross motor skills affect wellbeing and give children opportunities to socialise in play.



Develop Fine Motor skills.



Develop dexterity through mark making.



Provide opportunities to develop fine motor skills alongside gross motor skills to enable our athletes to be confident to explore the world around them.



Develop co-ordination which supports children's ability to communicate, learn language and learn to read and write.



Create and play games indoors and outdoors independently and guided by adults to develop stability, balance, spatial awareness, co-ordination and agility.



Provide opportunities to develop and demonstrate **strength, balance and co-ordination** when playing.



Move energetically, run, jump, hop, skip and climb.



Negotiate space and obstacles safely with consideration for themselves and others.



Encourage children to **take safe risks** and **self-regulate** to **develop confidence**.



ESSENTIAL SKILLS

In the Early Years, we develop essential skills which will enable our little athletes to progress on their journey from novice to expert. These skills impact on all other areas of learning.

Movement Fine & Gross Motor Skills



Fundamental movement skills develop both gross and fine motor skills.

Techniques



We refine our movements to develop core strength, agility, balance and co-ordination.

Resilience/ Determination



We can and we will. We self-regulate and as we grow in confidence take safe risks.

Teamwork



We work together to play games, following the rules and supporting and encouraging our team.

We develop an understanding of the link between our healthy bodies and healthy minds and recognise that physical activity improves our well-being. Physical development covers all areas of our Early Years curriculum and develops the unique child, igniting curiosity for learning, developing positive relationships and enabling us all to thrive and grow into the future olympians we aspire to be.