

Physical Development - Knowledge Sequencing at Knavesmire Primary

Intent:	<p>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.</p>
Substantive knowledge in Physical Development:	<p>The knowledge of basic skills used across all of P.E. such as: running, jumping, throwing, catching, participating in team games or performing a series of movements in order.</p>
Disciplinary knowledge in Physical Development:	<p>The knowledge of applying basic skills which have been learned up to a certain point, to a specific end purpose or game such as: football, hockey, tennis, dance, gymnastics etc. This enables pupils to compete, improve, enjoy, and lead healthy lifestyles.</p>
Physical Development:	<p>Instruction in the development and care of the body: acquisition of motivation, confidence, physical competence, knowledge and understanding that established purposeful physical pursuits as an integral part of our lifestyle.</p>



EYFS – Physical Development

Nursery

Physical development is taught through many aspects of our curriculum; from handwriting (pencil grip) to physical activity outside and learning about our bodies and how to keep them healthy. Throughout Early Years children are offered a balance of outdoor play opportunities and indoor physical development as well as a weekly dedicated Physical Education lesson from Nursery through to the end of Reception. Children throughout Early Years also take part in regular dough disco sessions and staff work with parents to support independence with eating/coats and dressing.

Children leave Nursery ready to take on the physical challenges of Reception with the basis of good fine motor development. They are becoming **increasingly able to navigate small tools and pencils for mark making**. They practice a range of **fine motor activities** that allow them to gain **confidence and muscle development** needed in the areas of their hands and arms ready for writing in Reception. Children **move around** in a range of ways and begin to learn how different ways of moving are **appropriate** for different situations. They begin to be more agile and able to use climbing **equipment and balance**.

Key Texts

The Little Red Hen Makes Bread, Dough Disco, Squiggle while you wiggle, My Body, Eat Your Peas!

Gross Motor Skills, Fine Motor Skills and Personal, Social and Emotional Development

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| <ul style="list-style-type: none">• Knows how to choose and use correct resources for their play.• Knows how scissors work and has a go.• Knows how to hold a pencil and make marks.• Knows which hand feels comfortable for drawing and writing. | <ul style="list-style-type: none">• Knows how to move in increasing ways – bike, scoot, ball skills ect.• Move around using alternative feet.• Knows how to move around in different ways.• Knows how to balance on large climbing equipment. | <ul style="list-style-type: none">• Make healthy choices about food, drink, activity and teeth brushing at home and at snack time. |
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- Beginning to know how to do up coats, zips and buttons.
- Knows how to **hold a knife and fork.**

- Knows how to **take part** with **team work.**
- Knows how **movement** can be **appropriate** for different situations eg move slowly across a beam.
- Use large muscle movements to wave flags, streamers, paint and make marks.

EYFS - Physical Development

Reception

Physical development is taught through many aspects of our curriculum; from handwriting (pencil grip) to physical activity outside and learning about our bodies and how to keep them healthy. Throughout Early Years children are offered a balance of outdoor play opportunities and indoor physical development as well as a weekly dedicated Physical Education lesson from Nursery through to the end of Reception. Children throughout Early Years also take part in regular dough disco sessions and staff work with parents to support independence with eating/coats and dressing

Children in Reception have built upon the physical knowledge that they have acquired in Nursery and leave ready to take on the challenges of Year 1 and the National Curriculum. They develop **control and accuracy** when writing and form most letters correctly. They refine their fine motor development and are able to **manipulate smaller tools and toys**. They are able to use cutlery to eat and have developed **increasing independence** with managing **dressing, buttons and zips**. Children develop the movement skills that they have learnt in Nursery and become confident to energetically move in a range of ways. They move more freely and in a **controlled manner when needed** and develop some simple **ball control**. They know how to **sit well** on the carpet and at desks.

Key Texts

Dough Disco, Squiggle while you wiggle, The Pencil, This Is How We Keep Healthy, Grow Strong, Happy Healthy Minds.

Gross Motor Skills, Fine Motor Skills and Personal, Social and Emotional Development

- Knows how to **write letters** in a **controlled, accurate and efficient** manner, most formed correctly.
- Knows how to **use cutlery and small tools**.
- Knows how to **hold a pencil** with a tripod grip.

- Knows **how to** and can do so **energetically - rolling - walking - running - skipping - crawling - jumping - hopping - climbing**
- Knows how to **move** around with **control and grace**, showing consideration for

- Know and talk about the **different factors** that support their overall **health and wellbeing**.
- Make **healthy choices** more independently and know that some foods are bad if too much is eaten.



- Knows how to **show accuracy** and care when drawing.

others.

- Children take part in basic **performances** where they sing and dance.
- Has overall **body strength** needed to **move freely** and **take part in physical activity**.
- Knows how to use **equipment safely**.
- Knows how to **use balls** in a **controlled manner** including footballs and guiding balls with a hockey stick.
- Knows how to **sit with good posture** on the carpet or at a desk.

- Understand why looking after our **oral health** is important and know some things to help us do this.
- Know how **exercise** makes us hot and hearts beat fast.

Moving into Year 1 and the National Curriculum

As children leave Early Years and enter KS1 they understand the safety aspects, the rules and the structure of PE lessons. They have the foundation skills needed to easily build on these and enjoy and succeed in Physical activity.

Children build on the knowledge and skills that they have learnt in Early Years in Physical Education. They continue to develop pencil control and **know how to form lowercase and capital letters correctly** whilst knowing how to apply their **correct sitting skills** when doing so. They master **further movements** and develop their **ball skills** with **throwing and catching** more accurately. They are able to **participate appropriately** in **team games** and **take part** in dancing and **performances** to show off their skills!

Fine Motor Skills		Gross Motor Skills	
	<ul style="list-style-type: none"> Form capital letters and most lowercase letters correctly. 	<ul style="list-style-type: none"> Know how to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. Know how to participate in team games and to dance and perform. Know how to sit correctly at the table for writing and applies this to help themselves. 	