

Physical Development Curriculum Overview - EYFS

	Unit	Details
Autumn One	Me and My World	We begin to explore our gross motor skills such as running, jumping, hopping through weekly specific PE sessions, focussing on team games, listening to and following instructions and negotiating space with the hall and outside spaces. We access our outdoor classroom throughout the day through free flow continuous provision, which allows us to hone our skills on the wheeled vehicles as well as test our core strength with the climbing apparatus and wobble board resources. We then refine our larger movements when we apply movement to music and begin to explore dance where we perform a sequence of movements in response to music and/ or story. We review and evaluate our performances and look to adapt and enhance through adding challenges as we explore our balance and coordination skills.
Autumn Two	Autumn Celebrations/Winter Wonderland	In fine motor skills we use dough disco and our busy fingers to develop our hand muscles to support mark making and where need arises we partake in squiggle while you wiggle to help our coordination which will lead to more defined, stronger marks as we begin to form letter shapes/ we enjoy large scale mark making at a range of heights to engage our core both inside and out.
Spring One	Once upon a Time	We culminate our Autumn skills and apply in gymnastics weekly sessions, where we challenge ourselves in the way in which we move, balance and control our movements across a range of heights, distance and apparatus. We learn key instructions such as bending your knees when jumping from height. As we take controlled risks in our learning we begin to become more confident to try new activities, increasing supervision under a sports specialist lead. Fine motor skills become more accurate in letter formation and more inclined to using pencil to paper. Marks are stronger, clearly and more controlled so that they are more easily read by the reader. Letters begin to sit on the line and become more consistent in size. Children are exposed to a range of opportunities to use a variety of tools and begin to show increasing control.
Spring Two	Bugs, Buds and Blooms	
Summer One	Globetrotter	Children learn new skills using specific sports equipment such as balls and skipping ropes and practise how to engage with each piece of apparatus and how to exact control. We continue to develop our ability in negotiating obstacles by exploring changing speed and direction. We enjoy applying these skills in our annual Sports Day celebrations with family. We continue to have high expectations in handwriting in readiness for Year 1. Daily handwriting sessions enable children to have dedicated time to engage forming letters correctly to ensure they have firm foundations for cursive script. Children work hard to build their stamina when writing for more prolonged periods of time to record their learning.
Summer Two	Treasure	