

# EYFS Physical Development Curriculum End Points and Progression

Endpoint: What an EYFS child needs to understand?	Endpoint: What do they need to know? (Substantive / Disciplinary Knowledge), <b>New vocabulary.</b>	How can we see that they are confident with Physical Development in Year R	Preparation for Year 1
<p>I need to hold a pencil correctly in order to control it well. To write well I need to sit at a table with a good posture.</p>	<p>How to hold a pencil with a tripod grip.  To use an aid to ensure a correct <b>pencil grip.</b>  How to sit with good posture.</p>	<p>Use a firm pencil tripod grip to write or draw.  Sit with a good posture when writing.</p>	<p>Year 1 Writing Progression Grid  Form all letters and numbers in the correct direction, starting and finishing in the correct place.</p>
<p>Tools need to be held in a particular way in order to be effective when using them and to keep safe.</p>	<p>How to hold the following tools effectively and use them: <b>Paintbrush / scissors / tweezers / hole puncher / saw / hammer / screwdriver.</b></p>	<p>Use the following tools confidently and effectively: Paintbrush / scissors / tweezers / hole puncher / saw / hammer / screwdriver</p>	<p>Design Technology End Goals Year 1 -To communicate ideas through talking, drawing, templates and mock-ups. -To begin to develop the creative, technical and practical skills need to perform everyday tasks confidently. Art and Design KS1 Objectives -To use a range of materials creatively to design and make products -To use drawing, painting and sculpture to develop and share their ideas, experiences and imagination</p>
<p>To be healthy I need to do exercise and be able to sustain activity for a period of time to increase the heart rate.  I need to strengthen my muscles in order to be</p>	<p>What exercise they enjoy doing by being exposed to a range of opportunities: PE sessions, balance bikes, walking, climbing, yoga, go noodle, dance, running, ball games, skipping.  To pursue expertise at self-chosen activities by practising and building up muscle strength.</p>	<p>Complete exercise for a period of time that increases the heart rate.  Choose to exercise as part of their continuous provision time.  Children improve at self-chosen and taught activities through practise.</p>	<p>Lilleshall PE Milestone Skills Progression for Years 1 and 2</p>

# EYFS Physical Development Curriculum End Points and Progression

able to do physical activities more effectively.			
A healthy body needs to be developed by ensuring the correct foods, sleep, hygiene, screen time, safety.	How to keep our bodies clean. How to choose healthy foods and drinks. How sleep is important for growth and repair and a healthy mind. How to keep safe – Stranger danger / crossing the road / fire and matches / water and ice. How to choose healthy hobbies.	Children can confidently talk about and demonstrate making healthy choices concerning their physical health.	PSHE Jigsaw – Healthy Me
I can learn different ways to control a ball that will help me when I play games involving balls.	How to control a ball by <b>throwing, catching, kicking, passing, aiming and batting.</b>	A child will confidently play ball games using different ways to control a ball and practising gaining more control and expertise.	Lilleshall PE Milestone Skills Progression for Years 1 and 2
I can combine movements in a way that is fun and looks good.	How to control their bodies so that they can link movements together in <b>sequence.</b>	Children will explore movement when playing or moving to music and begin to perform sequences of movement.	Year 1 Power of PE - Dance

## Development Matters:

- Revise and refine the fundamental movement skills they have already acquired: - rolling - crawling - walking - jumping - running - hopping - skipping - climbing
- Progress towards a more fluent style of moving, with developing control and grace.
- Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.
- Develop their small motor skills so that they can use a range of tools competently, safely and confidently. Suggested tools: pencils for drawing and writing, paintbrushes, scissors, knives, forks and spoons.

# EYFS Physical Development Curriculum End Points and Progression

- Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor.
- Combine different movements with ease and fluency.
- Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.
- Develop overall body-strength, balance, co-ordination and agility.
- Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.
- Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.
- Develop the foundations of a handwriting style which is fast, accurate and efficient.
- Know and talk about the different factors that support their overall health and wellbeing: - regular physical activity - healthy eating - toothbrushing - sensible amounts of 'screen time' - having a good sleep routine - being a safe pedestrian
- Further develop the skills they need to manage the school day successfully: - lining up and queuing - mealtimes - personal hygiene

## **Gross Motor Skills**

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

Demonstrate strength, balance and coordination when playing.

Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

## **Fine Motor Skills**

Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases.

Use a range of small tools, including scissors, paintbrushes and cutlery.

Begin to show accuracy and care when drawing.

# EYFS Physical Development Curriculum End Points and Progression