

# Physical Development (PD)

## Reception Medium Term Plan



### Early Learning Goals

#### 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, paint brushes and cutlery  
 Begin to show accuracy and care when drawing.

Autumn	Spring	Summer
<p>Children will be encouraged to hold and use cutlery to eat their lunch, where appropriate.</p> <p>Children will demonstrate spatial awareness when moving around an area.</p> <p>Children can grasp and release with two hands to throw and catch a large ball, beanbag or an object</p> <p>Children will be able to create lines and circles pivoting from the shoulder and elbow</p> <p>Children will begin to manipulate a range of tools and equipment in one hand, tools include paintbrushes, scissors, hairbrushes, toothbrush, scarves or ribbons.</p> <p>Children will show a preference for a dominant hand.</p>	<p>Children will be able to use cutlery effectively, where appropriate.</p> <p>Children are able to use anticlockwise movement and retrace vertical lines</p> <p>Children will continue to manipulate a range of tools and equipment in one hand, tools include paintbrushes, scissors, hairbrushes, toothbrush, scarves or ribbons, with some control.</p> <p>Children experiment with confidence with different ways of moving; slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping</p> <p>Children show increasing control over an object when pushing, patting, throwing, catching or kicking it</p>	<p>Children can hold a pencil effectively and with control to form recognisable letters.</p> <p>Children are able to form most letters correctly.</p> <p>Children are able to manipulate a range of tools and equipment in one hand, including pencils, scissors, paintbrushes.</p> <p>Children travel with confidence and skill around, under, over and through balancing and climbing equipment</p> <p>Children negotiate space effectively when travelling with speed.</p>