

# Physical Development



Year Group	Milestones (Children at the expected level of development will)	Content
Nursery 0 Little Chicks	<p>Kick and roll a ball. Reach for objects. Explore paint and manipulate playdough. Begin to complete puzzles and thread large objects.</p> <p>Move around the setting freely and confidently without bumping into obstacles. Utilise a range of movements when playing with toys and objects, carrying toys around in baskets and connecting large blocks together. Squat steadily to pick up an object. Climb confidently. Move around with peers, playing together. Join in with group movement games and activities.</p> <p>Scribble spontaneously. Point to body parts in a mirror.</p>	<p>Our EYFS oozes physical development opportunities and all children are expected to part to the best of their ability.</p> <p>The children are busy and they move around a lot because we know that they need lots of exercise. We also have spaces to rest in, as we recognise the importance of calm and quiet too.</p> <p>Our outdoor area is large and there is plenty of space to move around in. We have zones to ensure that learning in a range of ways is happening.</p> <p>We have a target zone to work the gross motor muscles, particularly shoulders, elbows, wrists and hands. The children aim and throw a range of balls and beanbags to different heights. We have P.E. equipment to ensure that the children use bats and balls, balancing toys and ribbons. The children have large sand areas and gardening boxes to dig, fill and pour. We have a bike track to get their legs and core working. The natural area has large instruments and bug hunts to keep the children engaged and moving around.</p> <p>Indoors, we have a range of activities which are planned to progress their motor skills. From playdough to painting at easels.</p>
Nursery 1 Little Chicks	<p>Run and jump with both feet off the ground. Spin, roll and use ropes and swings independently. Use a scooter, trike or other wheeled toy. Catch a large ball. Sit comfortably on a chair.</p> <p>Explore paper, materials and tools. Explore a range of large scale mark making activities, on easels, walls and the floor</p> <p>Be nearly clean and dry, and using the toilet rather than a potty.</p>	
Nursery 2 Little Owls	<p>Demonstrate a range of gross motor movements such as crawling, creeping, jumping and going up and down steps. Use large movements for ribbons, parachutes, wheeled toys and construction. Move confidently, creatively and adaptively. Balance along a range of objects and beams.</p> <p>Move lower arms, wrists, hands and fingers independently of shoulders and tummies. Drink from a cup effectively and feed independently using a fork or spoon. Use a range of tools such as hammers, scissors, brushes, sponges, chalks, screwdrivers in a range of ways.</p> <p>Be clean and dry the majority of the time and look after my personal hygiene wiping, washing hands and blowing nose. Begin to talk about healthy choices around food, drink, exercise and dental hygiene.</p>	
Reception ELG	<p>Gross Motor Skills:</p> <p>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.</p> <p>Fine Motor Skills:</p> <p>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.</p>	