



Our School Vision

"To be the best that you can be." We aim for our children to be inquisitive, kind and resilient.

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Physical Development</p> <p><u>Vision Links</u>  <b>Resilience:</b> When we find things difficult, we keep trying over a sustained period of time until we have built our strength up.</p>	  <p>Foundation Stage</p>	<p>Develop the skills needed to manage lining up and queuing</p> <p>Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor</p> <p>Walk using different body parts, in different directions with different levels and at different speeds</p> <p>Walk following a route and listening to instructions</p> <p>Run as fast as I can</p> <p>Take part in running/jumping games</p> <p>Explore specific movements such as creeping, tiptoeing and hiding</p> <p>Apply basic jumping technique</p>	<p>Dribble a ball using my hands</p> <p>When throwing, use underarm when aiming and overarm for distance</p> <p>Work with a partner to control a ball</p> <p>Move a ball with control</p> <p>Hit a ball with a racket/ bat</p> <p>Throw and catch objects in different ways</p> <p>Use simple tools to effect changes to materials</p> <p>Use a pencil effectively to form recognisable letters</p>	<p>Use good gymnastics technique (working silently, pointing fingers and toes and be still when making shapes)</p> <p>Explore high, low, over and under</p> <p>Explore using apparatus</p>	<p>Listen to other ideas</p> <p>Choose the best movements to show my ideas</p> <p>Respond to words and music using my body and/or props</p> <p>Perform simple dance moves</p> <p>Move my body in a variety of ways</p> <p>Combine different movements with ease and fluency</p> <p>Small motor skills allow for a range of tools (including scissors, cutlery and pencils) to be used confidently and competently.</p>	<p>Dribble a ball using my feet</p> <p>Move my feet to help catch, kick, hit or throw a ball</p> <p>Move a ball with control</p>	<p>Follow simple rules and take part in games</p> <p>Follow the rules of a game</p> <p>Take turns and share in PE lessons</p> <p>Apply my understanding of walking into a game situation</p> <p>Develop the foundations of a handwriting style which is fast, accurate and efficient</p>

Physical Development EYFS Knowledge Progression at Pickhill CofE VC Primary School and Leeming and Londonderry Community Primary School

		<p>Travel with control and coordination and copy and repeat basic sequences</p> <p>Jump in different directions and with different speeds, for distance and height</p> <p>Explore hopping in different directions, speeds and levels</p> <p>Begin to develop small motor skills so that a range of tools (including pencils and cutlery) are used safely.</p>					
<p>ELGs</p>	<p><u>Gross Motor Skills</u>                  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><u>Fine Motor Skills</u>                  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>						