

Physical Development

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Starting Point - 'Magical Me'	Starting Point - 'Sparkle & Shine'	Starting Point - 'What is your superpower?'	Starting Point - 'Once upon a time'	Starting Point - 'Our Wonderful World'	Starting Point - 'Imagine'
Reception Skills	To use a dominant hand. To begin to form recognisable letters which are formed mostly correctly.	To begin to use anticlockwise movement and retrace vertical lines. To use climbing equipment safely and competently.	To show good practice with regard to exercise, eating, sleeping and hygiene. To be able to balance and coordinate safely.	To handle tools, objects, construction and malleable materials safely and with increasing control.	To use a pencil effectively to form recognisable letters, most of which are formed correctly. To refine fine motor skills using tools competently, safely and confidently.	To show good control and co-ordination in *large and small movements (fast, accurate and efficient). *walking rolling crawling jumping

	<p>To use climbing equipment safely and competently.</p> <p>To begin to negotiate space effectively.</p>	<p>To negotiate space effectively.</p>	<p>To negotiate space effectively.</p>			<p>running</p> <p>hopping</p> <p>skipping</p> <p>climbing.</p> <p>To show increased fluency of movement and overall body strength.</p>
<p>Reception Knowledge</p>	<p>To know which hand to write with.</p> <p>To know how to use the trim trail safely.</p>	<p>To know how to make anticlockwise movement and retrace vertical lines.</p> <p>To know how to use the trim trail safely.</p>	<p>To know how good practice with regard to exercise, eating sleeping and hygiene can contribute to good health.</p> <p>To know how to use scissors effectively.</p>	<p>To know why it is important to handle different apparatus safely.</p> <p>To know how to use scissors effectively.</p>	<p>To know how to form letters correctly.</p> <p>To know how to use scissors effectively.</p>	<p>To know how to handle a range of equipment and tools effectively.</p> <p>To know how to use scissors effectively.</p>

	To know how to use scissors effectively.	To know how to use scissors effectively.				
--	--	--	--	--	--	--