

Physical activity is vital in children’s all-round development, enabling them to pursue happy, healthy, and active lives. In the EYFS, through outdoor play, P.E lessons and daily activities children develop their gross and fine motor skills. Activities and resources encourage the children to develop their gross motor skills such as lifting, balancing, hopping jumping etc. Activities are carefully planned to develop and further refine their small motor skills e.g. threading, weaving, cutting, pouring, stirring, dancing with scarves, dressing and undressing dolls, planting and caring for plants, playing with small world toys, and making models with junk materials, construction kits and malleable materials like clay.

Children in reception will be learning to:	Personal, Social and Emotional Development	<ul style="list-style-type: none"> <li>• Manage their own needs - personal hygiene.</li> <li>• Know and talk about the different factors that support overall health and wellbeing: -regular physical activity.</li> </ul>	
	Physical Development	<ul style="list-style-type: none"> <li>• Revise and refine the fundamental movement skills they have already acquired: Rolling, running, crawling, hopping, walking, skipping, jumping and climbing.</li> <li>• Progress towards a more fluent style of moving, with developing control and grace.</li> <li>• Develop overall body-strength, balance, coordination and agility needed to engage successfully with future physical education sessions and other physical disciplines, including dance, gymnastics, sport and swimming.</li> <li>• Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor.</li> <li>• Combine different movements with ease and fluency.</li> <li>• Confidently and safely, use a range of large and small apparatus indoors and outdoors, alone and in a group.</li> <li>• Develop over all body strength, balance, coordination, and agility.</li> <li>• Develop their small motor skills so that they can use a range of tools competently, safely and confidently.</li> </ul>	
	Expressive Arts and Design	<ul style="list-style-type: none"> <li>• Explore, use and refine a variety of artistic effects to express their ideas and feelings.</li> <li>• Return to and build on their previous learning, refining ideas and developing their ability to represent them.</li> <li>• Create collaboratively, sharing ideas, resources and skills.</li> <li>• Listen attentively, move to and talk about music, expressing their feelings and responses.</li> <li>• Watch and talk about dance and performance art, expressing their feelings and responses.</li> <li>• Explore and engage in music making and dance, performing solo or in groups.</li> </ul>	
ELG	Personal, Social and Emotional Development	Managing Self	<ul style="list-style-type: none"> <li>• Be confident to try new activities and show independence, resilience and perseverance in the face of a challenge.</li> <li>• Explain the reasons for rules, know right from wrong and try to behave accordingly.</li> <li>• Manage their own basic hygiene and personal needs, including dressing.</li> </ul>
		Building Relationships	<ul style="list-style-type: none"> <li>• Work and play cooperatively and take turns with others.</li> </ul>
	Physical Development	Gross Motor Skills	<ul style="list-style-type: none"> <li>• Negotiate space and obstacles safely, with consideration for themselves and others.</li> <li>• Demonstrate strength, balance and coordination when playing.</li> <li>• Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</li> </ul>
		Fine Motor Skills	<ul style="list-style-type: none"> <li>• Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases.</li> <li>• Use a range of small tools, including scissors, paintbrushes, and cutlery.</li> <li>• Begin to show accuracy and care when drawing.</li> </ul>
Expressive Arts and Design	Being Imaginative and Expressive	<ul style="list-style-type: none"> <li>• Perform songs, rhymes, poems and stories with others, and (when appropriate) try to move in time with music.</li> </ul>	