



Somerset Bridge Primary School  
Aspire - Brave - Care - Collaborate

# EYFS

## Physical Development

### Activities

Revise and refine the fundamental movement skills they have already acquired eg, skipping, jumping, running.

Provide regular access to appropriate outdoor space. Ensure there are a range of surfaces to feel, move and balance on.

Provide children with regular opportunities to practise their movement skills alone and with others.

Challenge children with further physical challenges when they are ready, such as climbing higher, running faster and jumping further.

Provide opportunities for children to, spin, rock, tilt, fall, slide and bounce.



### Key Learning

Negotiate spaces and obstacles safely.

Hold a pencil effectively.

Develop the skills they need to manage the school day successfully eg, at mealtimes or whilst taking care of personal hygiene.

Develop overall body-strength, balance, co-ordination and agility.

Explain to children and model how to travel safely in their local environment, including: staying on the pavement, holding hands and crossing the road when walking, stopping quickly when cycling.

Holding and using scissors correctly.

Teach and model for children how to eat with good manners in a group, taking turns and being considerate to others.

To independently form letters correctly.



### Key Vocabulary

Fine motor skills –	Small movements of the hands and fingers.
Gross motor skills –	Whole body movements.
Core muscle strength –	The strength of the muscles in the torso.
Correct posture –	Good muscular balance.
Tripod pencil grip –	The correct grip to write with.

Body strength

Co-ordination

Balance

Rolling, crawling, walking, jumping, running, hopping, skipping, climbing

