



Somerset Bridge Primary School
Aspire - Brave - Care - Collaborate

Activities

Talk with children about exercise, healthy eating and the importance of sleep.

Use picture books and other resources to explain the importance of the different aspects of a healthy lifestyle.

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.

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



EYFS

Physical Development

Key Learning

Develop the foundations of a handwriting style which is fast, accurate and efficient.

Know and talk about the different factors that support their overall health and wellbeing.

Encourage children to be highly active and get out of breath several times every day.

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

Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor.

Further develop the skills they need to manage the school day successfully eg: lining up and queuing

Progress towards a more fluent style of moving, with developing control and grace.

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	

