



## Physical Development

### Autumn 1 – If You Go Down to The Woods Today...

#### Gross Motor

Pupils will take part in weekly PE lessons where they will follow the Real PE programme. This term pupil will work through unit 1 (Personal) where they will explore moving in a range of ways to develop their coordination. Pupils will learn how to side-step in both directions, gallop- leading with either foot, hop on either foot and skip. They will also develop their ability to balance on both legs for up to 10 seconds with minimum wobble.

Pupils will change into their PE kits for their weekly PE lesson- they will be supported but encouraged to attempt dressing independently where they can.

Pupils will have daily access to the outdoor environment where they have the freedom and space to move in ways different from the indoor environment. They can access large climbing apparatus and large-scale play equipment (climbing wall, pole, slide, trim trail, steps, rope bridge, tunnel and structures to jump off) to develop coordination, balance and body awareness.

Pupils will have access to bats, balls, beanbags, hoops, paddles/rackets and nets outdoors to develop their ball skills including throwing, catching and kicking.

Pupils will have daily access to skipping ropes.

Pupils will have daily access to large scale construction materials, such as large blocks, wooden planks, crates and tyres.

#### Fine Motor

*See Literacy, Writing coverage also*

#### Handwriting

Pupils will take part in daily Squiggle Whilst You Wiggle sessions to develop their capability and motivation to write; Through this programme they will develop and master whole body fine and gross motor movements required for writing. This term pupils will cover squiggle movements;

- 1; Up, down, side to side, crossover (i, l, t)
- 2; The wiggle
- 3; Circles (c, o, a, d)

Pupils will develop their tripod grip. They will use Stabilo handwriting pencils to encourage this. Pencil grip will also be supported through;

- Taking part in pencil aerobics; For example- flipping the pencil 360 degrees/ using a tripod grip near the tip of the pencil and climb the fingers up to the top of the pencil and then back down again/ using the back of their hand on the table, pupils will hold the pencil with a tripod grasp and lift it up and down like doing push-ups.
- Using crayons which have been snapped in half, the pointed side intact, at the writing table.
- Using short pencils which don't allow for a full fist grip

#### Cooking activities

This term each pupil will make a fruit kebab. They will learn how to;

- Peel



Pupils will have daily access to wheeled toys in the outdoor environment, including; balance bikes, tricycles, skateboards and scooters to develop their overall body strength, coordination, balance and agility.

Pupils will take part in Dough Gym activities to develop their wrist and strength flexibility, coordination and rhythm. They will experiment manipulating dough in a range of ways including pinching, twisting, stretching, rolling, squeezing and patting.

Pupils will take part in daily Wake and Shake activities using whole body movements.

Pupils will have access to dolls and prams for pushing and pulling.

- Chop with a bridge hold
- Thread fruit onto a kebab stick/ straw

#### **Manipulating dough**

- Pupils will make playdough which can then be used in the provision. When doing this they will explore measuring, pouring and mixing. Pupils will use a range of dough tools, including dough shape cutters, rolling pins, crinkle cutters, extruders, knives and cutting tools.
- Pupils will make playdough hedgehogs, by rolling a ball of dough, shaping a pointy nose at one end and then adding holes for eyes. Materials like pieces of dried spaghetti or matchsticks will be used to make the spikes. Pupils will also use a fork to create a textured effect.
- Pupils will explore faces using playdough. They will make playdough faces to show different feelings. For each face they make they will think what makes them feel happy/sad/angry/worried.

#### **Water play**

- Pupils will have daily access to pouring activities. Through water play they will explore a range of different sizes of bowls, cups, spoons, funnels, pipettes and bottles.
- Pupils will explore tea party props, such as cups, saucers, tea pots and spoons. Pupils will explore different cups and containers in the set. They will explore pouring and filling whilst engage in role play, accepting drinks and exploring which cup has the most in.

#### **Sand play**

- Pupils will have daily access to digging, shaping, moulding and scooping activities through sand play. They will use tools such as forks, rakes and spades.

#### **Cutting skills**



- Pupils will be taught how to hold scissors correctly and use them to make snips in a range of different materials.
- Pupils will explore using scissors to cut different materials, such as playdough, jelly, paper and card.
- Pupils will cut out items from catalogues to show their favourite toys, foods, furniture etc.
- Pupils will cut out and assemble Goldilocks and the Three Bears stick puppets. Once made, they will be used for story retelling and small world play.

#### **Using tools**

- Pupils will use spoons to find buried pictures, from story Goldilocks and the Three Bears, hidden in sloppy porridge
- Pupils will use knives, forks and spoons when eating their lunch. They will have the opportunity to practise using knives and forks when eating snack.

#### **Finger Gym activates**

- Pupils will have daily access to threading activities. They will thread yellow pipe cleaners up and down through a Goldilocks template to make her hair. They will thread brown pipe cleaners onto a Baby Bear template to form the fur.
- Pupils will use a paintbrush to sweep porridge oats and discover the hidden Little Red Hen story characters which are buried.
- Pupils will take part in a balancing conkers finger gym activity. They will explore balancing conkers on top of suckers on an upturned bath mat. They will attempt to balance conkers on top of one another and seeing how many they can balance.
- Pupils will wrap and weave twine around pine cones. They will be challenged to tie and weave a row of pine cones on to their twine to make a row of pine cone bunting that can be hung up. Once they have added the pine cones to their twine, they will use ribbon to decorate the gaps in the twine between the pine cones.



- Pupils will develop their pincer grip by using tweezers and pegs with their thumb and index finger to open and close tweezers and pegs. They will use 'mummy birds' on pegs to collect 'worms' (made out of pipe cleaners) to give to the baby birds. Pupils will match the coloured worms to the correct colour bird.
- Pupils will add pegs to the bodies of woodland animals to act as legs. Some pupils will add the correct number of legs to the animals, whilst others may become absorbed in the process of pegging and adding more legs
- Pupils will carefully hammer golf tees into a pumpkin anywhere they choose to
- Pupils will choose a number they recognise and use their fingers to pick up a gem from a collection and place it on the number until the correct number of gems is on there. Tweezers will be introduced to provide extra challenge in this activity.



<b>Physical Development</b>	
<b>Autumn 2- It was a Dark, Dark Night</b>	
<b>Gross Motor</b>	<b>Fine Motor</b>
<p>Pupils will continue to take part in weekly PE lessons where they will follow the Real PE programme. This term pupils will work through unit 2 (social). During this unit pupils will develop their jumping and landing skills. They will learn to jump from 2 feet to 2 feet- forwards, backwards and side- to-side. Pupils will develop their ability to balance from a seated position, learning how to balance with both hands/ feet down, balance with 1 hand/ 2 feet down, balance with 2 hands/ 1 foot down, balance with 1 hand/ 1 foot down, balance with 1 hand or 1 foot down and balance with no hands or feet down.</p> <p>Pupils will change into their PE kits for their weekly PE lesson- they will be supported but encouraged to attempt dressing independently where they can.</p> <p>Pupils will have daily access to the outdoor environment where they have the freedom and space to move in ways different from the indoor environment. They can access large climbing apparatus and large-scale play equipment (climbing wall, pole, slide, trim trail, steps, rope bridge, tunnel and structures to jump off) to develop coordination, balance and body awareness.</p> <p>Pupils will have access to bats, balls, beanbags, hoops, paddles/rackets and nets outdoors to develop their ball skills including throwing, catching and kicking.</p> <p>Pupils will have daily access to skipping ropes.</p> <p>Pupils will have daily access to large scale construction materials, such as large blocks, wooden planks, crates and tyres.</p>	<p><i>See Literacy, Writing coverage also</i></p> <p><b>Handwriting</b></p> <p>Pupils will take part in daily Squiggle Whilst You Wiggle sessions to develop their capability and motivation to write; Through this programme they will develop and master whole body fine and gross motor movements required for writing. This term pupils will cover squiggle movements;</p> <ul style="list-style-type: none"> <li>• 4; The hump, under hump (m, n, r, u)</li> <li>• 5; The hook (q, p, h, k, p, y, g, j, f)</li> <li>• 6; The spiral (e)</li> </ul> <p>Pupils will continue to develop their tripod grip. They will use Stabilo handwriting pencils to encourage this. Pencil grip will also be supported through;</p> <ul style="list-style-type: none"> <li>• Taking part in pencil aerobics; For example- flipping the pencil 360 degrees/ using a tripod grip near the tip of the pencil and climb the fingers up to the top of the pencil and then back down again/ using the back of their hand on the table, pupils will hold the pencil with a tripod grasp and lift it up and down like doing push-ups.</li> <li>• Using crayons which have been snapped in half, the pointed side intact, at the writing table.</li> <li>• Using short pencils which don't allow for a full fist grip</li> </ul> <p><b>Cooking activities</b></p> <p>This term each child will make Banana and Strawberry Milkshakes. They will learn how to;</p> <ul style="list-style-type: none"> <li>• Peel</li> </ul>



Pupils will have daily access to wheeled toys in the outdoor environment, including; balance bikes, tricycles, skateboards and scooters to develop their overall body strength, coordination, balance and agility.

Pupils will take part in Dough Gym activities to develop their wrist and strength flexibility, coordination and rhythm. They will experiment manipulating dough in a range of ways including pinching, twisting, stretching, rolling, squeezing and patting.

Pupils will take part in daily Wake and Shake activities using whole body movements.

Pupils will have access to dolls and prams for pushing and pulling.

- Chop using a bridge hold
- Pour
- Mix
- Measure.

#### **Manipulating Dough**

- Pupils will make sparkly dough which can then be used in the provision. When doing this they will explore measuring, pouring and mixing. Pupils will use a range of dough tools, including dough shape cutters, rolling pins, crinkle cutters, extruders, knives and cutting tools.
- Pupils will explore manipulating the dough to make ingredients for a magic spell, such as spiders, bats, worms etc.
- Whilst learning about Diwali pupils will make their own salt dough Diva Lamps. Pupils will then decorate their lamps with paint, glitter and sequins.
- In the build up to Christmas pupils will shape playdough into Christmas trees. They will use accessories, such as pom poms, sequins and pipe cleaners to decorate their trees.
- Pupils will use sparkly snow cloud dough to explore moulding and shaping the dough to build snowmen, snowballs and using cutters to create snowflakes

#### **Water play**

- The water tray will be turned into a magic potion with sparkly water and floating objects such as spiders and eyeballs. Pupils will use nets to collect items and place them in cauldrons to create their own magic spells.
- For Bonfire Night, dark coloured water, glitter, sequins, jugs, funnels and bottles will be added to the water tray to create firework bottles



- In the run up to Christmas, the water tray will be filled with glittery water. Christmas items such as baubles, snowflakes and stars will be added. Pupils will use nets to collect items which can then be used to decorate a Christmas tree.

**Cutting Skills**

- Pupils will be taught how to hold scissors correctly and use them to make snips in a range of different materials.
- Pupils will cut out simple shapes to create their own pumpkin face
- Pupils will cut out story props and characters from Meg and Mog (such as star, broom stick, witch hat, cat, bat etc.) and make shadow puppets.
- Pupils will cut out items and glue them onto a jumper template to make their own Christmas jumper
- Pupils will cut out items and glue them onto a Christmas tree template to decorate their own Christmas tree

**Sand play**

- Pupils will have daily access to digging, shaping, moulding and scooping activities through sand play. They will use tools such as forks, rakes and spades.
- Pupils will explore small sieves. They will sift the sand over a small world props to represent snow

**Finger Gym activities**

- Pupils will use colanders and pipe cleaners. They will push the pipe cleaners through the holes in the colander. Then they will add beads to the pipe cleaners. The colours and various shapes will look like fireworks.
- Pupils will use paintbrushes in a shallow tray filled with glitter to copy firework patterns



- Pupils will make rangoli patterns using coloured sand. They will carefully sprinkle sand over pattern cards with their fingers.
- Pupils will use gems to make a colourful rangoli pattern picture. Pupils will place gems onto a rangoli pattern template.
- Pupils will find hidden pairs of gloves/ mittens in a tray of artificial snow. Pupils match the patterned pairs and be encouraged to practise putting on a pair of gloves.
- A tough tray will be lined with tinfoil and shaving foam will be added, pupils will use cotton buds to draw pictures of snowflakes and explore mark making
- Pupils will explore small sieves along with small cups of flour or artificial snow. They will sift the flour or snow over a small world scene to represent snow

**Using Tools**

- Pupils will use knives, forks and spoons when eating their lunch. They will have the opportunity to practise using knives and forks when eating snack. Pupils will also practise using knives and forks to manipulate play-dough.





<b>Physical Development</b>	
<b>Spring 1- Go Wild!</b>	
<b>Gross Motor</b>	<b>Fine Motor</b>
<p>Pupils will continue to take part in weekly PE lessons where they will follow the Real PE programme. This term pupils will work through unit 3 (cognitive) where they will develop their control through learning how to balance on a line and walk forwards with fluidity and minimum wobble. Then pupils will learn to walk backwards, on a line, with fluidity and minimum wobble. Pupils will then develop their ability to stand on line with good balance and stance for 10 seconds.</p> <p>Pupils will change into their PE kits for their weekly PE lesson- they will be supported but encouraged to attempt dressing independently where they can.</p> <p>Pupils will have daily access to the outdoor environment where they have the freedom and space to move in ways different from the indoor environment. They can access large climbing apparatus and large-scale play equipment (climbing wall, pole, slide, trim trail, steps, rope bridge, tunnel and structures to jump off) to develop coordination, balance and body awareness.</p>	<p><i>See Literacy, Writing coverage also</i></p> <p><b>Handwriting</b></p> <p>Pupils will take part in daily Squiggle Whilst you Wiggle sessions each morning. This term pupils will cover squiggle movements;</p> <ul style="list-style-type: none"> <li>• 7; The gentle wave</li> <li>• 8; ∞ (s)</li> <li>• 9; The straight line (v, w, z, x)</li> </ul> <p>This term pupils will take part in a weekly handwriting lessons where they will practise the correct formation of the 'long ladder' letters; l i t u j y</p> <p>Pupils will continue to develop their tripod grip. They will use Stabilo handwriting pencils to encourage this. Pencil grip will also be supported through;</p>



Pupils will have daily access to bats, balls, beanbags, hoops, paddles/rackets and nets outdoors to develop their ball skills including throwing, catching and kicking.

Pupils will have daily access to skipping ropes.

Pupils will have daily access to large scale construction materials, such as large blocks, wooden planks, crates and tyres.

Pupils will have daily access to wheeled toys in the outdoor environment, including; balance bikes, tricycles, skateboards and scooters to develop their overall body strength, coordination, balance and agility.

Pupils will take part in Dough Gym activities to develop their wrist and strength flexibility, coordination and rhythm. They will experiment manipulating dough in a range of ways including pinching, twisting, stretching, rolling, squeezing and patting.

Pupils will take part in daily Wake and Shake activities using whole body movements.

Pupils will have access to dolls and prams for pushing and pulling.

- Taking part in pencil aerobics; For example- flipping the pencil 360 degrees/ using a tripod grip near the tip of the pencil and climb the fingers up to the top of the pencil and then back down again/ using the back of their hand on the table, pupils will hold the pencil with a tripod grasp and lift it up and down like doing push-ups.
- Using crayons which have been snapped in half, the pointed side intact, at the writing table.
- Using short pencils which don't allow for a full fist grip

#### **Cooking activities**

This term each child will make pizza. They will learn how to;

- spread
- Chop using a bridge hold and a claw hold
- Sprinkle
- Tear

#### **Manipulating malleable materials**

- Pupils will make dough which can then be used in the provision. When doing this they will explore measuring, pouring and mixing. Pupils will use a range of dough tools, including dough shape cutters, rolling pins, crinkle cutters, extruders, knives and cutting tools.
- Pupils will explore playdough in different colours. They will make models of the different fruit Handa puts into her basket. They will mould the dough to create the different fruit shapes. Pupils will put their fruits into Handa's Basket.
- Pupils will explore some fruit-scented playdough using fruit juice or fruit extracts.

#### **Finger Gym activities**



- When learning about the number 8, pupils will thread beads onto pipe cleaners which have been attached to an octopus and spider template to represent legs
- Pupils will use tweezers to collect coloured fruit counters from a larger bowl and sort them into smaller coloured bowls e.g.- yellow bananas in the yellow ball, red strawberries in the red bowl etc.
- Pupils will explore how to curl pipe cleaners, by wrapping them around a pencil to create a curly paper mane for a lion
- Pupils will make some paper chain snakes. They will use strips of paper to make interlocking rings to make snakes of different lengths
- Toy animals will be placed into the boxes and lock with closed with padlocks. Pupils will explore testing the keys in the different locks and finding the correct keys by trial and error.
- Pupils will add pegs to the wild animal bodies, to act as legs. Some children will like to add the correct number of legs to the animals. Other children may become absorbed in the process of pegging and add more legs. Pupils will be challenge to sort the animals into animals with 2 legs and animals with 4 legs.
- Pupils will investigate how to join materials using split pins. They will make split pin snakes. They will then use bubble wrap as a stamp to print scales on their snakes.
- Pupils will use a length of black wool or black pipe cleaners to give the zebra some stripes by threading them through the holes on the top and bottom of a zebra template.
- Pupils will choose a number card. They will use a pipette to put 1 drop of coloured water onto each white dot. They will count each drop as it falls

**Cutting skills**

- Pupils will practise using scissors by making spiral snakes
- Pupils will make African necklaces, inspired by the Key texts Handa's Surprise. They will cut paper plates and then use paint to create patterns on their necklaces. Pupils will then use



painted pasta and paper straws to embellish their necklaces

**Water play**

- Pupils will have daily access to pouring activities. Through water play they will explore a range of different sizes of bottles, containers, jugs, funnels and pipettes.
- Pupils will explore ice cubes and polar region animals in the water tray. They will fish for ice cubes using fishing nets.
- Pupils will explore a selection of plastic tropical fish in warm water. They will create an aquarium with plastic plants. Pupils will use fishing nets to collect fishes. They will talk about the different fish, patterns, shapes and sizes.

**Sand play**

- Pupils will have daily access to digging, shaping, moulding and scooping activities through sand play. They will use tools such as forks, rakes and spades.
- Wild animal small world figures will be hidden in the sandpit. Pupils will uncover the figures and talk about what they find.

**Using tools**

- Pupils will help wash and prepare the fruit for the group to eat
- Pupils will use child-friendly knives to cut up some fruit
- Pupils will explore fruit juicers. They will peel and juice oranges



<b>Physical Development</b>	
<b>Spring 2- Farmyard Hullabaloo</b>	
<b>Gross Motor</b>	<b>Fine Motor</b>
<p>Pupils will continue to take part in weekly PE lessons where they will follow the Real PE programme. This term pupil will work through unit 4 (Creative). During this unit pupils will work on their coordination and ball skills. They will learn how to sit and roll a ball along the floor and then around their body using 2 hands, sit and roll a ball along the floor and around their body using 1 hand (right and left), sit and roll a ball down their legs and around their upper body using 2 hands and stand and roll a ball up and down their legs and round their upper body using 2 hands. Pupils will also develop their balancing skills through working on counter-balances with a partner. They will practise sitting and holding hands with toes touching, leaning in together then apart, sitting holding 1 hand with toes touching, leaning in together then apart and finally sitting holding hands with toes touching and rock forwards, backwards and side-to-side.</p> <p>Pupils will change into their PE kits for their weekly PE lesson- they will be supported but encouraged to attempt dressing independently where they can.</p> <p>Pupils will have daily access to the outdoor environment where they have the freedom and space to move in ways different from the indoor environment. They can access large climbing apparatus and large-scale play equipment (climbing wall, pole, slide, trim trail, steps, rope bridge, tunnel and structures to jump off) to develop coordination, balance and body awareness.</p>	<p><i>See Literacy, Writing coverage also</i></p> <p><b>Handwriting</b></p> <ul style="list-style-type: none"> <li>• Pupils will take part in weekly handwriting lessons where they will practise the correct formation of the 'Curly Caterpillar' letters; c a o d g q e s f</li> <li>• When writing, pupils will use a Stabilo handwriting pencil to support a tripod grip.</li> <li>• Pencil grip will also be supported through taking part in pencil aerobics; For example- flipping the pencil 360 degrees/ using a tripod grip near the tip of the pencil and climb the fingers up to the top of the pencil and then back down again/ using the back of their hand on the table, pupils will hold the pencil with a tripod grasp and lift it up and down like doing push-ups.</li> </ul> <p><b>Cooking activities</b></p> <p>This term each child will make a hummus sandwich. They will learn how to;</p> <ul style="list-style-type: none"> <li>• Mash</li> <li>• Squeeze</li> <li>• Mix</li> <li>• Measure</li> <li>• Spread</li> </ul> <p><b>Manipulating malleable materials</b></p>



Pupils will have daily access to bats, balls, beanbags, hoops, paddles/rackets and nets outdoors to develop their ball skills including throwing, catching and kicking.

Pupils will have daily access to skipping ropes.

Pupils will have daily access to large scale construction materials, such as large blocks, wooden planks, crates and tyres.

Pupils will have daily access to wheeled toys in the outdoor environment, including; balance bikes, tricycles, skateboards and scooters to develop their overall body strength, coordination, balance and agility.

Pupils will take part in Dough Gym activities to develop their wrist and strength flexibility, coordination and rhythm. They will experiment manipulating dough in a range of ways including pinching, twisting, stretching, rolling, squeezing and patting.

Pupils will take part in daily Wake and Shake activities using whole body movements.

Pupils will have access to dolls and prams for pushing and pulling.

Children will create their own obstacle courses that demand a range of movements to complete, such as crawling through a tunnel, climbing onto a chair, jumping into a hoop and running and lying on a cushion.

- Pupils will make dough which can then be used in the provision. When doing this they will explore measuring, pouring and mixing. Pupils will use a range of dough tools, including dough shape cutters, rolling pins, crinkle cutters, extruders, knives and cutting tools.
- Pupils will explore playdough with barley, sunflower seeds, pumpkin seeds and poppy seeds
- Pupils will explore baking props, such as a rolling pin, bun tins, loaf tins, mixing bowl, wooden spoon and a measuring jug. They will use the dough to roll play baking.

#### **Finger Gym activities**

- Pupils will untangle ribbons to free the animals from the story The Little Red Hen which are in a tangle
- Pupils will use a paintbrush to sweep breadcrumbs and discover the hidden Little Red Hen story characters which are buried.
- Pupils will choose a numbered egg template. They will read the numeral and use a hole punch to make that number of holes in the egg. They will learn how to hold the hole punch carefully, squeezing it between their fingers.
- Pupils will create 3D paper collages using a range of techniques such as rolling, looping, fringing, tabs, folding and curling paper.
- Pupils will explore weaving on a large scale in the outdoor environment. They will weave using ribbons and material pieces on large scale weaving frames. Pupils will experiment attaching found items to weaves.
- Pupils will thread lace/ ribbon/ string up and down through a tractor template
- Pupils will explore weaving on a small scale in the indoor environment. They will use smaller weaving frames with ribbon, and plastic needles with Binka/ Hessian. They will explore attaching objects such as beads and buttons to their weaves.
- Pupils will try to copy and create shapes on a Geo-board using loom bands. They will be challenged to create as many shapes as they can.

#### **Cutting skills**



- Pupils will experiment with texture by creating simple collages. They will cut a range of different collage materials such as paper, card, pipe cleaners, tissue paper and craft straws.
- Pupils will cut out characters from the story Mrs Wishy Washy and The Little Red Hen and make puppets for story telling

**Water play**

- Pupils will explore watermills, jugs and bottles.
- Pupils will have daily access to pouring activities. Through water play they will explore a range of different sizes of jugs, bottles, containers, funnels and pipettes
- Pupils will washing farm animal small world figures

**Sand Play**

- Pupils will explore baking props, such as a rolling pin, bun tins, loaf tins, mixing bowl, wooden spoon and a measuring jug. They will use the sand and proper to roll play baking.
- Pupils will have daily access to digging, shaping, moulding and scooping activities through sand play. They will use tools such as forks, rakes and spades.

**Using tools**

- Pupils will help wash and prepare the fruit for the group to eat
- Pupils will child-friendly knives to cut up some fruit
- Pupils will use knives, forks and spoons when eating their lunch. They will have the opportunity to practise using knives and forks when eating snack.



<b>Physical Development</b>	
<b>Summer 1 – Robot Rumpus</b>	
<b>Gross Motor</b>	<b>Fine Motor</b>
<p>Pupils will take part in weekly balance bike sessions. Through these sessions pupils will;</p> <ul style="list-style-type: none"> <li>• Develop gross motor skills such as coordination, agility, speed, flexibility, cardio/respiratory endurance and muscular endurance and strength.</li> <li>• Develop an awareness of bike safety</li> </ul> <p>Pupils will have daily access to the outdoor environment where they have the freedom and space to move in ways different from the indoor environment. They can access large climbing apparatus and large-scale play equipment (climbing wall, pole, slide, trim trail, steps, rope bridge, tunnel and structures to jump off) to develop coordination, balance and body awareness.</p> <p>Pupils will have daily access to bats, balls, beanbags, hoops, paddles/rackets and nets outdoors to develop ball skills including sending/ receiving, rolling, throwing, kicking and bouncing.</p> <p>Pupils will have daily access to skipping ropes.</p> <p>Pupils will have daily access to large scale construction materials, such as large blocks, wooden planks, crates and tyres.</p> <p>Pupils will have daily access to wheeled toys in the outdoor environment, including; balance bikes, tricycles, skateboards and scooters to develop their overall body strength, coordination, balance and agility.</p>	<p><i>See Literacy, Writing coverage also</i></p> <p><b>Handwriting</b></p> <ul style="list-style-type: none"> <li>• Pupils will take part in a weekly handwriting lessons where they will practise the correct formation of the ‘one armed robot’ letters; r b n h m k p ‘</li> <li>• Weekly hand writing lessons will take part in the Year 1 classroom, enabling pupils to sit at a desk whilst writing.</li> <li>• To develop posture for handwriting pupils will be taught how to sit on a chair so their hips are positioned at approximately 90° with the back supported and their feet flat on their floor with their knees at a right angle.</li> <li>• When writing, pupils will use a Stabilo handwriting pencil to support a tripod grip</li> <li>• Pencil grip will also be supported through taking part in pencil aerobics; For example- flipping the pencil 360 degrees/ using a tripod grip near the tip of the pencil and climb the fingers up to the top of the pencil and then back down again/ using the back of their hand on the table, pupils will hold the pencil with a tripod grasp and lift it up and down like doing push-ups.</li> </ul> <p><b>Cooking activities</b></p> <p>This term each child will make a Vegetable Salad. They will learn how to;</p>





Pupils will take part in Dough Gym activities to develop their wrist and strength flexibility, coordination and rhythm. They will experiment manipulating dough in a range of ways including pinching, twisting, stretching, rolling, squeezing and patting.

Pupils will take part in daily Wake and Shake activities using whole body movements.

Pupils will have access to dolls and prams for pushing and pulling.

- Chop using a claw and bridge hold
- Mix
- Squeeze
- Tear
- Measure

#### **Manipulating malleable materials**

- Pupils will make dough which can then be used in the provision. When doing this they will explore measuring, pouring and mixing. Pupils will use a range of dough tools, including dough shape cutters, rolling pins, crinkle cutters, extruders, knives and cutting tools.
- Pupils will explore making prints in playdough with metallic loose parts, such as screws, nuts and bolts.
- Pupils will make robots using dough. They will add loose parts, such as screws, nuts, bolts to their robots.

#### **Finger Gym activities**

- Pupils will make split pin robots. They will cut out the robot body parts and then assemble the robot using split pins.
- Pupils will use a range of small loose parts, such as buttons, nuts and bolts, screws, pom-poms and beads to carefully place the small parts on a robot template. Pupils will need to use small muscle movements in the hands, fingers and wrists to pick up and carefully place the small objects.



- Pupils will carefully place marbles in the middle of washers to stop them rolling away. They will challenge themselves to see how many marbles they can balance before a timer runs out.
- Pupils will roll a dice and pick up the number of matchsticks matching the number they rolled. They will put the matchsticks in a smaller pot. They will pick up the matchstick with either just their fingers or with tweezers. They will challenge themselves to see how many match sticks they can pick up before a sand timer runs out.
- Pupils will thread different sized and shaped beads onto a string. Pupils will explore simple repeated ABABAB patterns. They will learn how to duplicate and then extend a pattern.

#### **Cutting skills**

- Pupils will cut out paper shapes to make their own robot collages
- Pupils will cut a range of different collage materials such as paper, card, pipe cleaners, tissue paper and craft straws when creating their own 3D robot model

#### **Water play**

- Pupils will have daily access to pouring activities. Through water play they will explore a range of different sizes of jugs, bottles, containers, funnels and pipettes

#### **Sand play**

- Pupils will have daily access to digging, shaping, moulding and scooping activities through sand play. They will use tools such as forks, rakes and spades.

#### **Using tools**



- |  |                                                                                                                                                                                                                                                                                                                                                         |
|--|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | <ul style="list-style-type: none"><li>• Pupils will help wash and prepare the fruit for the group to eat</li><li>• Pupils will use child-friendly knives to cut up some fruit</li><li>• Pupils will use knives, forks and spoons when eating their lunch. They will have the opportunity to practise using knives and forks when eating snack</li></ul> |
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**Physical Development**

**Summer 2- Down at the Bottom of the Garden**

**Gross Motor**

**Fine Motor**

Pupils will take part in weekly balance bike sessions. Through these sessions pupils will;

- Develop gross motor skills such as coordination, agility, speed, flexibility, cardio/respiratory endurance and muscular endurance and strength.
- Develop an awareness of bike safety

Pupils will have daily access to the outdoor environment where they have the freedom and space to move in ways different from the indoor environment. They can access large climbing apparatus and large-scale play equipment (climbing wall, pole, slide, trim trail, steps, rope bridge, tunnel and structures to jump off) to develop coordination, balance and body awareness.

Pupils will have daily access to bats, balls, beanbags, hoops, paddles/rackets and nets outdoors to develop their ball skills including throwing, catching and kicking.

Pupils will have daily access to skipping ropes.

Pupils will have daily access to large scale construction materials, such as large blocks, wooden planks, crates and tyres.

Pupils will have daily access to wheeled toys in the outdoor environment, including; balance bikes, tricycles, skateboards and scooters to develop their overall body strength, coordination, balance and agility.

*See Literacy, Writing coverage also*

**Handwriting**

- Pupils will take part in a weekly handwriting lessons where they will practise the correct formation of the “zig zag monster’ letters; v w x z
- Weekly hand writing lessons will take part in the Year 1 classroom, enabling pupils to sit at a desk whilst writing.
- To develop posture for handwriting pupils will be taught how to sit on a chair so their hips are positioned at approximately 90° with the back supported and their feet flat on their floor with their knees at a right angle.
- When writing, pupils will use a Stabilo handwriting pencil to support a tripod grip
- Pencil grip will also be supported through taking part in pencil aerobics; For example- flipping the pencil 360 degrees/ using a tripod grip near the tip of the pencil and climb the fingers up to the top of the pencil and then back down again/ using the back of their hand on the table, pupils will hold the pencil with a tripod grasp and lift it up and down like doing push-ups.

**Cooking activities**

This term each child will make a fruit scone. They will learn how to;



Pupils will take part in Dough Gym activities to develop their wrist and strength flexibility, coordination and rhythm. They will experiment manipulating dough in a range of ways including pinching, twisting, stretching, rolling, squeezing and patting.

Pupils will take part in daily Wake and Shake activities using whole body movements.

Pupils will have access to dolls and prams for pushing and pulling.

- Rub in
- Mix
- Measure
- Roll
- Cut
- Glaze.

#### **Manipulating malleable materials**

- Pupils will make dough which can then be used in the provision. When doing this they will explore measuring, pouring and mixing. Pupils will use a range of dough tools, including dough shape cutters, rolling pins, crinkle cutters, extruders, knives and cutting tools.
- Pupils will make minibeasts using dough. They will add loose parts, such as google eyes, match sticks, pipe cleaners and pompoms.

#### **Finger Gym activities**

- Pupils will use tweezers to pick cress one piece at a time. They will count the total number of cress pieces they have once finished.
- Pupils will add pegs onto a spider body template to form the legs
- Pupils will thread green ribbon and lace up and down through a beanstalk template
- Pupils will use coloured loom bands to make different patterns/shapes on the peg board. They will be provided with a peg board that already has a pattern/shapes on it and a blank peg board for them to copy it onto.



- Pupils will thread different sized and shaped beads onto a string to make caterpillars. Pupils will explore duplicating and extending an ABBABB pattern. Pupils will make their own ABABAB and ABBABB patterns.
- Have the Ladybird Picture Cards, pom-poms (or beads/buttons) and tweezers readily available in the working area.
- Pupils will explore ladybirds which have lost their spots. They will identify the number on a leaf which will show how many spots each ladybird should have. Pupils will use their fingers or large tweezers to put the right number of spots (pom poms) onto each ladybird.
- Pupils will each have a lump of play dough. They will stand a skewer upright in the play dough and then thread the beads onto the skewer. They will explore how tall can they build their beanstalk
- Pupils will be challenged to place beans/ seeds in pots using tweezers. They will count how many beans are in each pot.

**Cutting skills**

- Pupils will cut out different sized beanstalks. They will then order the beanstalks by height, from shortest to tallest.
- Pupils will work together to help make a beanstalk display by cutting out leaf shapes from green paper.

**Water play**

- Pupils will have daily access to pouring activities. Through water play they will explore a range of different sizes of jugs, bottles, containers, funnels and pipettes
- Pupils will explore frozen plastic minibeasts in cubes of ice. They will investigate attempt to free the minibeasts.



- Pupils will explore joining parts of drainpipes pouring water down them. Plastic spiders will be added for pupils to role play Incy Wincy Spider Nursery Rhyme.

**Sand play**

- Pupils will have daily access to digging, shaping, moulding and scooping activities through sand play. They will use tools such as forks, rakes and spades.
- Pupils will use sieves to hunt for buried Numbered Minibeasts in the sand.

**Using tools**

- Pupils will help wash and prepare the fruit for the group to eat
- Pupils will use child-friendly knives to cut up some fruit
- Pupils will use knives, forks and spoons when eating their lunch. They will have the opportunity to practise using knives and forks when eating snack.