



**Physical Development
Early Years**

Long-Term Plan

St Paul's Catholic Primary

	TERM 1	TERM 2	TERM 3
Pre school 2- 3 years Fine Motor Skills	<p>I hold mark-making tools to spontaneously 'scribble' and can imitate drawing vertical lines.</p> <p>I can turn the pages of a book one at a time.</p> <p>I can stack 5 wooden blocks.</p>	<p>I can thread large cotton reels or big beads onto a dowling.</p> <p>I can pour from one container into another.</p>	<p>I make vertical, horizontal and circular marks.</p> <p>I can create marks with a paintbrush by bending my wrist using a dabbing motion.</p>
Pre school 2- 3 years Gross Motor Skills	<p>I can push and pull large, wheeled toys easily forward and usually I am able to walk backwards pulling a handle.</p> <p>I can climb up onto adult-sized furniture.</p>	<p>I can hang from a bar.</p> <p>I can run, avoiding obstacles.</p> <p>I can climb simple climbing equipment e.g. climbing up and over a low A-frame.</p> <p>I am developing my core strength and am able to sit with good posture when seated on a stool or the floor.</p>	<p>I can jump off a low step with two feet together.</p> <p>I can kick a ball gently without falling over.</p> <p>I move freely in a range of ways, e.g. rolling, crawling, sliding, shuffling.</p>
Pre school 2- 3 years Visual Discrimination	<p>I match two of the same object even if they are different sizes or colours.</p> <p>I recognise my favourite people in photographs.</p>	<p>I can match an item to a photograph of the same item, e.g. putting a book back on the shelf when matched to a photograph of its front cover.</p>	<p>I point out tiny features in books and pictures to you.</p>
Key Vocabulary	<p>big movements, small movements, walk, jump, skip, hop, climb, hold, paint, pour, fast, slow, chair, table etc, messy play, toilet, hand washing, soap, fruit, vegetables, eat, fork, knife, spoon, coat, cup, milk, safely</p>	<p>thread, cotton reels, beads, hang, run, obstacle, climb, up/over, sit, our, hold, container, fill, full, empty, object, photograph.</p>	<p>vertical, horizontal, circular, marks, paintbrush, dabbing, jump, kick, gently, rolling, crawling, shuffling, sliding, books, pictures.</p>

<p>Pre school 3-4 years Fine Motor Skills</p>	<p>I hold a pencil between my first two fingers and thumb to copy a circle and a cross.</p> <p>I draw a person with a head and usually one or two other features e.g. eyes and a mouth.</p> <p>I can roll dough into balls and sausage shapes.</p> <p>I can stack 10 wooden blocks.</p> <p>I can snip with scissors.</p>	<p>I can build three block 'bridges' to join my block towers together, when given a model to copy.</p> <p>I can copy different emerging letter shapes e.g lines, circles, zig zags.</p> <p>I can cut with scissors.</p> <p>I can thread smaller beads and cotton reels onto shoelaces.</p>	<p>I can build 3 steps with six cubes, when given a model to copy.</p> <p>I can draw recognisable shapes to represent my ideas e.g. person, house, dog.</p> <p>I cut along a straight line.</p> <p>I show preference of a dominant hand.</p> <p>I can weave ribbons, string and fabric in a range of situations.</p>
<p>Pre school 3-4 years Gross Motor Skills</p>	<p>I can run skillfully with wheeled toys, turning around obstacles and corners.</p> <p>I can explore moving from a standing position in different ways e.g. galloping, jumping, hopping.</p> <p>I can ride a two wheeled balance bike.</p> <p>I can make large circular movements with my arms using streamers and flags.</p>	<p>I can jump over low level obstacles.</p> <p>I can walk up steps, right, left, right, left without holding a rail.</p> <p>I can run smoothly with changes in speed, negotiating spaces successfully.</p> <p>I mark make on a large scale e.g. chalk, water, paint.</p>	<p>I can jump off an object and land appropriately.</p> <p>I travel with increasing confidence and skill over and under, around and through equipment.</p> <p>I can climb low level ladders and trees using alternate hands and feet.</p> <p>I can ride a three wheeled pedal bike.</p> <p>I can pull myself up to climb larger climbing equipment.</p>
<p>Pre school 3-4 years Visual Discrimination</p>	<p>I recognise something when shown only a small part of the object, e.g. what's coming out of the box?</p> <p>When you show me half of the object I can tell you what it is.</p>	<p>I can find and point out to you specified features or items in books, pictures and my environment, e.g. can you find the tiny ladybird?</p> <p>I can match an item to its 'shadow' e.g. I placed the spade back on the shelf on top of its corresponding 'shadow' at tidy up time.</p>	<p>I can identify a missing/hidden object when we play the hiding games involving up to four objects.</p> <p>I recognise and point familiar logos / branding in my environment e.g. noticing that the Asda sign is in a new place.</p>
<p>Key Vocabulary</p>	<p>As LL plus: gross motor, fine motor, cut, copy, fasten, stairs, climbing frame, balance, germs, hygiene, healthy choices, healthy snacks, zip, buttons, laces, clothing, balance, scissors, safety, snips, right hand, left hand</p>	<p>As LL plus: over, under, through, in, around, model, build, together, join, copy, match, walk, hop etc, stairs, left/right foot, space, obstacles, look</p>	<p>As LL plus: create, build, build, cubes, model, copy, cut, straight, line, weave, ribbon, string, fabric, jump, land, travel, over, under, around, through, climb, low level, ladders, three wheeled bike, climbing</p>

			equipment, logos, brands, environment, place.
Reception 4-5 years Fine Motor Skills	<p>I hold a pencil in a dynamic tripod grasp with good control.</p> <p>I can cut out shapes with curved lines e.g. cutting around a picture I like from a catalogue to stick on my Santa list.</p> <p>I can use a range of everyday tools effectively e.g. using a hammer at the woodwork bench.</p>	<p>I can thread large needles and sew big stitches.</p> <p>I build elaborate models.</p> <p>I can coordinate my shoulder, wrist and finger movements to write comfortably, moving across and down the page, holding the paper in place to correctly form most letters.</p> <p>I produce more detailed drawings containing several objects and usually an indication of the background environment.</p>	<p>I can write on the lines on a piece of paper.</p> <p>I can form the vast majority of letters correctly.</p> <p>I can write letters of a constant size.</p> <p>I can paint and draw increasingly clear representations of objects.</p>
Reception 4-5 years Gross Motor Skills	<p>I navigate movement from one place to another skillfully, turning sharp corners, running, pushing and pulling myself.</p> <p>I can bounce and throw a large ball, catch.</p> <p>I can use newly introduced tools safely.</p>	<p>I can jump forward a number of times without falling.</p> <p>I can throw and catch a ball well with two hands.</p> <p>I can walk easily along a narrow line or on a balance beam.</p> <p>I can hop on one leg over a longer distance.</p> <p>I can skip using alternate feet rather than galloping.</p>	<p>I can strike a ball using my foot or a bat.</p> <p>I can ride a two wheeler bike without stabilisers.</p> <p>I can confidently climb over an a-frame.</p> <p>I can move in different ways across a beam.</p>
Key Vocabulary	As LL and Nursery plus: movement, travelling, crawling, walking, jumping, running, hopping, skipping, climbing, lifting, carrying, pushing, pulling, constructing, stacking etc, straight, curved, zig zag, wavy lines, formation, letters, sounds, tools, pencils, pens, pencil sharpener, brush strokes, paint brush etc, health, wellbeing, mental health, screen time, exercise, fit, core strength, balance,	As LL and Nursery plus: large needles, big stitches, language around sewing, elaborate, models, shoulder, wrist, finger, movements, write, across/down the page, letter formation, RWI handwriting rhymes, forward, throw, catch, narrow, balance, balance beam, hop, distance, skip, alternate feet, galloping.	As LL and Nursery plus: move, different, beams, confidently, a-frame, two wheeled bike, stabilisers, strike, paint, draw, write, letters, constant, size, write, lines, paper.

	agility, coordination, posture, confidently, tools, goggles		
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ELG:

Gross Motor Skills

- Negotiate space and obstacles safely, with consideration for themselves and others.
- Demonstrate strength, balance and coordination when playing.
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

Fine Motor Skills

- Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases.
- Use a range of small tools, including scissors, paintbrushes and cutlery.
- Begin to show accuracy and care when drawing.