



**Physical Development
Early Years**

Long-Term Plan

St Paul's Catholic Primary

	TERM 1	TERM 2	TERM 3
<p>Pre school 2- 3 years Fine Motor Skills</p>	<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>
<p>Pre school 2- 3 years Gross Motor Skills</p>	<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>
<p>Pre school 2- 3 years Visual Discrimination</p>	<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>
<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 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>

	I can snip with scissors.		I can weave ribbons, string and fabric in a range of situations.
Pre school 3-4 years Gross Motor Skills	<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 leaders 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>
Pre school 3-4 years Visual Discrimination	<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>
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</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>

		usually an indication of the background environment.	
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 it 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>

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.