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|  | **Autumn Term** | **Spring Term** | **Summer Term** |
| Gross Motor Skills | Revise and refine the fundamental movement skills they have already acquired:   * Rolling * Crawling * Walking * Jumping * Running * Hopping * Skipping * Climbing   Progress towards a more fluent style of moving, with developing control and grace.  Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.  Can climb over, under and through obstacles, e.g. climbing frame and large construction obstacle courses.  Uses large construction to build. | Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor.  Combine different movements with ease and fluency.  Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting and aiming.  Able to balance on and off equipment.  Can jump safely from a piece of equipment. | Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.  Develop confidence, precision and accuracy when engaging in activities that involve a ball.  **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 | Develop their small motor skills so that they can use a range of tools competently, safely and confidently.  Suggested tools: pencils for drawing and writing, paintbrushes, scissors, knives, forks, spoons.  Attempts to use a tripod grip with some consistency.  Often chooses to draw, representing recognisable objects or shapes in work.  Use scissors to cut along curved lines, holding scissors in the correct position.  Is able to mould and shape clay with fingers and tools. | Develop the foundations of a hand writing style which is fast, accurate and efficient.  Holds a pencil in a tripod grip.  Uses scissors to cut around more complex shapes, e.g. split pin characters.  Has developed dexterity for threading small items and manipulating small objects. | **ELG 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 |
| Health and Self-Care | Be increasingly independent in meeting their own care needs. E.g. Brushing teeth, using the toilet, washing and drying their hands thoroughly.  Make healthy choices about food, drink, activity and tooth brushing. | Further develop the skills they needs to manage the school day successfully:   * Lining up and queuing * Mealtimes * Personal; hygiene | Know and talk about the different factors that support their overall health and wellbeing:   * Regular physical activity * Healthy heating * Tooth brushing * Sensible amounts of ‘screen time’ * Having a good sleep routine * Being a safe pedestrian   **No ELG relating to Health and Self-Care** |