

August 2021	Physical Development Essential Knowledge			
ELG: Gross Motor Children at the expected level of development will:	Curricular Goal: Know how to use my body with control			
	<ul style="list-style-type: none"> • 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 			
Embedding our learning culture <ul style="list-style-type: none"> • Safe positive attitudes to learning • Achieving alteration in LTM building knowledge including recalls and low stakes quizzes building confidence high expectations • Nurtured dialogic approach learning from mistakes development of cultural capital: enhancements • Included pupils supported to meet endpoints • Responsible • Respected development of interpersonal skills: the whole child excellent attitudes • Healthy and Active 	Gross Motor			
	Pre-Nursery	Nursery	Reception	Year 1/2
	<p>Increasing desire to be independent:</p> <ul style="list-style-type: none"> • wanting to feed themselves • dressing or undressing 	<p>Increasingly independent self-care:</p> <ul style="list-style-type: none"> • dressing and undressing • putting coats on • doing up zips 	<p>Knowledge needed to manage the school day successfully:</p> <ul style="list-style-type: none"> • lining up and queuing • mealtimes • personal hygiene 	
<p>Head can be lifted while lying on their front</p> <p>Straight arms to push chest up</p> <p>Roll over:</p> <ul style="list-style-type: none"> • front to back • then back to front <p>Moving can be enjoyed when outdoors and inside</p> <p>Sit without support</p> <p>Crawling can be done in different ways and directions</p> <p>Pull upright and bouncing in helps preparation for walking</p>	<p>Matching developing physical skills to tasks and activities in the setting (decide whether to crawl, walk or run across a plank, depending on its length and width)</p> <p>Right resources chosen to carry out their own plan (choosing a spade to enlarge a small hole they dug with a trowel)</p> <p>Collaboration with others to manage large items (moving a long plank safely, carrying large hollow blocks)</p> <p>Start taking part</p> <ul style="list-style-type: none"> • group activities which they make up for themselves 	<p>Different movements can be combined with ease and fluency</p> <p>Large and small apparatus can be used confidently and safely</p> <ul style="list-style-type: none"> • indoors and outside • alone and in a group <p>Space and obstacles can be negotiated safely, with consideration for themselves and others</p>	<p>The difference between jogging, running and sprinting in a straight line using a change in speed and direction over short distances and avoiding</p>	