

### **Physical Development: Fine Motor**

#### *Connected Knowledge*

- **develop control**
  - Manipulation of different materials
  - Exploration of a range of tools such as playdough scissors, paintbrushes and glue spreaders

#### *New Knowledge*

- 1. controlled small movements of hands**
  - peg boards
  - playdough
  - threading large objects
- 2. how to position their fingers to comfortably hold**
  - jumbo pencil
  - whiteboard pen
  - larger paintbrushes
- 3. how to hold and use scissors safely**
  - thumb on top, fingers below
  - hold paper with free hand
  - make snips
- 4. use cutlery with support**
  - hold a knife, fork and spoon comfortably
  - use a fork and spoon with control

### **Physical Development: Gross Motor (and PE)**

#### **Wellbeing**

#### *Connected Knowledge*

- Holding objects independently
- Objects can be passed from one hand to another
- Sit up without support

#### *New knowledge Nursery:*

- 1. sit on the floor with the correct posture with support**
  - back straight
  - legs crossed

- arms folded

**2. manage the school day with support**

- lining up
- washing hands thoroughly
- using the toilet

**Fundamental movements**

*New Knowledge*

**1. hop, skip, jump**

**2. hold a shape with their body**

- pose
- one-legged stand