

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

#### **Refine fine motor skills:**

- **controlled small movements of hands**
  - peg boards
  - playdough
  - threading large objects
  - elastic band stretching
  - using pegs to hold items
  - using tweezers to move items
- **how to position their fingers to comfortably hold**
  - jumbo pencil
  - whiteboard pen
  - larger paintbrushes
- **how to hold and use scissors safely**
  - thumb on top, fingers below
  - hold and turn paper with free hand
  - make snips
- **use cutlery with support**
  - hold a knife, fork and spoon comfortably
  - use a fork and spoon with control

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

- **gross motor movements are developed**
  - balancing on crates, planks and tyres
  - riding scooters, trikes and bikes
  - throwing, catching and kicking balls with some control
  - skip, hop, standing on one leg, balancing and holding a pose
- choose the correct resources to carry out a plan
- **use alternative feet to move:**
  - up steps and stairs
  - when climbing outdoors

#### **Embed skills:**

- **sit on the floor with the correct posture with support**

- back straight
- legs crossed
- arms folded
- **manage the school day with support**
  - lining up
  - washing hands thoroughly
  - using the toilet