

## Physical Development: Fine Motor

### Handwriting

#### Use:

- dynamic tripod grip to hold a pencil
- correct formation for all uppercase and lowercase letters
- correct formation to combine multiple letters to write words
- correct formation to combine multiple words to write sentences

#### Use:

- spaces between words
- capital letters at the beginning of sentences
- full stops at the end of sentences

#### Refine skills:

- **how to hold and use loop scissors**
  - thumb and index finger control scissors
  - free hand holds and turns paper
- **use cutlery**
  - strong hand controls knife
  - weaker hand controls fork
  - cutlery held using a dynamic tripod grip
  - movement is controlled by index finger
- **how to position their fingers to form a dynamic tripod grip**
  - thumb and index finger gripping pencil near the tip
  - rest of fingers are tucked behind
  - thumb and index finger move to control the pencil
- **how to use the dynamic tripod grip to:**
  - write pre-cursive letters and words (letter families)
  - write own name
  - write numbers
  - copy the number date
- **how to use the dynamic tripod grip effectively with different tools**
  - jumbo pencil
  - whiteboard pen
  - paintbrush

## Physical Development: Gross Motor (and PE)

#### Refine skills:

- **sit at a table with the correct posture:**
  - chair tucked under the table
  - feet flat on the floor
  - back straight

- **sit on the floor with the correct posture**
  - back straight
  - legs crossed
  - arms folded
- **manage the school day**
  - lining up
  - washing hands thoroughly
  - using the toilet independently
- **use large and small apparatus confidently and safely**
  - crates, large blocks, wooden planks
  - small construction items
- **get dressed and undressed with some support**
  - taking non-laced shoes on and off independently
  - independent button fastening
  - zip fastening independently
  - changing for PE mostly independently
  - how to manage clothing that is inside-out

### **Refine all fundamental movements**

- **gross motor movements**
  - 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
- **move energetically when:**
  - travelling
  - jumping
  - rolling
- **combine moves with ease and fluency to create a short routine**
- **show balance, control and grace when:**
  - forming and holding shapes with body
  - copying a partner
  - negotiating space and obstacles effectively
- **refine ball skills:**
  - throw and catch with increased accuracy
  - kick and pass effectively
- **apply all of these skills:**
  - in races
  - in games
  - on sports day