


Early Years



Co-op Academy
Nightingale

Co-op Academy Nightingale
Reception
Physical Development
Curriculum


Physical Development	Baseline/Autumn		Spring/ Summer		ELG	
 <p data-bbox="309 564 528 592">Gross Motor Skills</p>	<p data-bbox="658 197 1093 288">Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. Develop overall body-strength, balance, co-ordination and agility.</p> <p data-bbox="658 363 1099 555">Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. Start taking part in some group activities which they make up for themselves, or in teams.</p> <p data-bbox="658 564 1084 687">Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm.</p>		<p data-bbox="1115 197 1541 357">Revise and refine the fundamental movement skills they have already acquired skills such as; rolling, crawling, walking, jumping, running, hopping, skipping and climbing.</p> <p data-bbox="1115 363 1541 587">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.</p> <p data-bbox="1115 628 1541 751">Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</p>		<p data-bbox="1570 197 2029 288">Negotiate space and obstacles safely, with consideration for themselves and others;</p> <p data-bbox="1608 331 1991 389">Demonstrate strength, balance and coordination when playing;</p> <p data-bbox="1576 432 2024 523">Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>	
<p data-bbox="309 932 528 991">Outdoor Learning & P.E</p>	<p data-bbox="658 799 869 906">Develop the ability to travel across a populated area successfully</p>	<p data-bbox="898 810 1093 979">Developing sending and receiving skills using a variety of balls and small equipment</p>	<p data-bbox="1115 799 1323 991">Developing power and balance to kick a ball including throwing, catching and striking a ball successfully</p>	<p data-bbox="1346 810 1541 979">Developing an understanding of strength and balance in gymnastics and dance</p>	<p data-bbox="1563 799 1787 922">Developing and understanding combined movement and balance</p>	<p data-bbox="1809 799 2040 959">Developing understanding and execution of balance and force, building on previous unit.</p> <p data-bbox="1809 1002 2040 1091">Develop and understand travelling technique</p>

 <p>Fine Motor</p>	<p>Beginning to use three fingers (tripod grip) to hold writing tools Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor. Develop the foundations of a handwriting style e.g. beginning to form letters automatically, draw with increasing accuracy Uses simple tools to effect changes to materials. Handles tools, objects, construction and malleable materials safely and with increasing control</p>		<p>Uses a pencil and holds it effectively to form recognisable letters, most of which are correctly formed. 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 and spoons.</p>	<p>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, paint brushes and cutlery; Begin to show accuracy and care when drawing.</p>		
<p>Handwriting</p>	<p>Squiggle while you wiggle 2.0 - Recap one move per week (weeks 1-5) -Squiggle works both gross and fine motor muscles, strengthens and trains muscles whilst mark making for the purpose of forming letters which lead to formal handwriting</p>	<p>Squiggle while you wiggle 2.0 - Recap one move per week (weeks 6-9) Squiggle me into a writer Start (week 1-4)</p>	<p>Squiggle me into a writer Complete (week 5-8) -combines the gross motor movement to create a process to write the letter. Children still need to continue to develop gross and fine muscle strength. they won't yet be fluent in movement, body strength, co-ordination, balance and agility, all factors which affect writing.</p>	<p>Transition to school handwriting programme</p>	<p>School handwriting programme Read, Write inc.</p>	<p>School handwriting programme Read, Write inc.</p>

Curriculum and Assessment

Handwriting - Fine Motor Development Squiggle - Autumn term and Spring 1

Squiggle Whilst you Wiggle programme

	<ul style="list-style-type: none">• Follow-on programme to Wiggle Me into Squiggle.• Comprises 9 squiggle moves.• Squiggle works both gross and fine motor muscles, strengthens and trains muscles whilst mark making for the purpose of forming letters which lead to formal handwriting (Squiggle Me into a Writer).• Squiggle time - <u>comprising</u> of a 10-15 minute input session followed by an enhancement in the provision.• Requires music and flipper flappers to help the child create bilateral movements.• In nursery - minimum 3-4 x sessions (if unable to do daily).• Can be combined with Daily Dough Disco.• e.g. could do a daily PD session (3 x squiggle and 2 x dough disco?)• Each move (dance and drawing) <u>to last</u> approximately 3 weeks. repetition of both means gross motor movement and fine muscle drawing are embedded.• Note: if children are struggling, give further support and monitor their progress. DO NOT continue that move for more than 3 weeks. Move on and revisit again at a later date if necessary.
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Squiggle Me into a Writer progression:

	<ul style="list-style-type: none">• Next developmental stage for children to learn to not only form letters but form them correctly.• combines the gross motor movement to create a process to write the letter. Children still need to continue to develop gross and fine muscle strength. they won't yet be fluent in movement, body strength, co-ordination, balance and agility, all factors which affect writing.• Best introduced after the completion of Wiggle and Squiggle 2.0.• Best included as a warm up before phonics or as a separate session at another convenient time in the day.• Comprises individual letters with individual dances. Written in RWI order.• Squiggle me into a writer time - requires around 5-10 minutes daily to music.• Requires music and flipper flappers to help the child create bilateral movements.• Each session:<ul style="list-style-type: none">- WARM UP - squiggle dance with flipper flappers- magic finger air writing- carpet (sensory) writing- whiteboard letter formation
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