



Physical Education Learning Ladders



EYFS – Physical Development	Areas of Study-
Statutory Educational Programme	Physical activity is vital in children’s all-round development, enabling them to pursue happy, healthy and active lives. Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child’s strength, co-ordination and positional awareness through tummy time, crawling and play movement with both objects and adults.
<p style="text-align: center;">Gross Motor Skills <u>Statutory ELG</u></p>	Children at the expected level of development will negotiate space and obstacles safely, with <u>consideration for themselves and others</u> . Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.
<p style="text-align: center;"><i>Reception Year</i> Non-Statutory Development Matters</p>	<p>Develop and refine a range of ball skills including throwing, catching, kicking, passing, batting and aiming with confidence and accuracy.</p> <p>Develop core muscle strength/ overall body strength to be able to use a range of large and small apparatus indoor and outside alone in a group.</p>
<p style="text-align: center;"><i>3 and 4 Year Olds (Nursery Year)</i> Non-Statutory Development Matters</p>	<p>Develop movement, balancing, riding and ball skills. To achieve this go up steps/ stairs, climb up apparatus using alternative feet, stand on one leg or hold a pose (musical statues)</p> <p>Use team games such a Simon says “Slither” “Gallop”</p> <p>Have clear and sensible rules for everyone to follow in order for children to move along a plank safely/ large blocks etc.</p>
<p style="text-align: center;">Fine Motor Skills <u>Statutory ELG</u></p>	Children at the expected level of development will hold a pencil effectively in preparation for fluent <u>writing using the tripod grip</u> . Use a range of small tools, including scissors, paint brushes and cutlery. Begin to show accuracy and care when drawing.

<p><i>Reception Year</i> Non-Statutory Development Matters:</p>	<p>Develop fine motor skills so that children can use a range of tools competently safely and confidentially. To achieve this dance with scarves, use a rope to pull themselves up, and climbing on equipment.</p>
<p><i>3 and 4 Year Olds (Nursery Year)</i> Non-Statutory Development Matters</p>	<p>Use one handed tools and equipment by using a comfortable grip with good control showing a preference with a dominant hand. To achieve this model to begin, use hand over hand help and gradually reduce the help you are giving to allow the child to use independently. Examples, scissors, hammers, zips.</p>