

**Early Years Foundation Stage
Curriculum Overview
PHYSICAL DEVELOPMENT**



Nursery			Reception		
Autumn	Spring	Summer	Autumn	Spring	Summer
<ul style="list-style-type: none"> • I can move in different ways • I can balance on low equipment • I can pick up heavy objects • I can make big movements with my arms e.g. circling arms • I can use a tool to make marks • I can use some lines to draw some shapes 	<ul style="list-style-type: none"> • I can move in different directions • I can balance on a range of equipment • I can carry heavy weights from one point to another • I can kick a ball • I can throw a ball • I can carry heavy weights from one point to another • I can make big movements with my arms and retrace vertical lines with my whole arm • I can use a tool to make marks with some control • I can use lines to draw shapes 	<p>Gross Motor</p> <ul style="list-style-type: none"> • I can move around a space safely • I can stand on one leg for 3 seconds • I can pick up a heavy weight • I can raise my arms above my head to throw a ball overarm • I can use 2 hands to do the same thing e.g. clap <p>Fine Motor</p> <ul style="list-style-type: none"> • I can manipulate some one handed tools • I can draw simple pictures 	<p>Gross Motor</p> <ul style="list-style-type: none"> • I can hop on one leg for at least 3 seconds • I can hold my body weight in a press up position • I can throw a large ball overarm at least 2m • I can make large anticlockwise movements • I can make large movements to retrace over a vertical line • I can use 2 hands alternately e.g. beat a drum with alternate hands <p>Fine Motor</p> <ul style="list-style-type: none"> • I can isolate my fingers when controlling a mark making tool • I can draw pictures that are recognisable 	<p>Gross Motor</p> <ul style="list-style-type: none"> • I can throw a ball when balancing on a piece of equipment • I can cross the midline • I can co-ordinate both sides of my body to do different things at the same time <p>Fine Motor</p> <ul style="list-style-type: none"> • I can use a tripod grip with support • I can use a variety of tools with some control • I can draw recognisable pictures with some detail 	<p>Gross Motor</p> <ul style="list-style-type: none"> • I can negotiate space and obstacles safely • I can demonstrate strength and balance • I can move in different ways <p>Fine Motor</p> <ul style="list-style-type: none"> • I can use a tripod grip most of the time • I can control a variety of tools • I can draw pictures with some care and accuracy