



Our Lady of Walsingham Catholic Primary School
Early Years Foundation Stage: Physical Development

	Gross Motor Skills (Gymnastics Coaching in Term 2, Tennis in Term 5)	Fine Motor Skills
Aut 1	<p>Personal</p> <p>Coordination: Footwork Static balance: One leg</p>	<p><i>Ongoing throughout the year:</i></p> <ul style="list-style-type: none"> • Use one handed tools and equipment • Use a comfortable grip with good control when holding pens and pencils • Reliably uses a dominant hand • Get dressed independently being able to do zips and buttons with increasing control. • Use a range of tools competently and safely for a range of purposes. • Develop the foundations of a handwriting style that is fast, accurate and efficient. • Begin to show accuracy and care when drawing.
Aut 2	<p>Social</p> <p>Dynamic balance to agility: Jumping and landing Static balance: seated</p>	
Spr 1	<p>Cognitive</p> <p>Dynamic balance: On the line Static balance: Stance</p>	
Spr 2	<p>Creative</p> <p>Coordination: Ball skills Counter balance: With a partner</p>	
Summer 1	<p>Physical</p> <p>Coordination: Sending and receiving Agility: Reaction/Response</p>	
Summer 2	<p>Health and Fitness</p> <p>Agility Ball chasing Static balance Floor work</p>	