

Nursery PE Builder – Physical Development

(by the end of)

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| End of Nursery : | For Example: |
| Demonstrate strength, balance and coordination when playing | <p>Learning walk Children will be seen demonstrating spatial awareness while they are playing inside and outdoor. They will be able to walk, run, hop and choose their movement to move around Ball games</p> |
| Move energetically, such as running, jumping, dancing, hopping, skipping and climbing | <p>Small apparatuses- Children will be able to throw and catch bean bag, ball Large apparatuses /Gymnastic– Children will be able to climb up the ladder and slide down Children will be able to walk on balancing beam and jump down and land safely Athletics- Children will be able to race and jump hurdles Dance- children will be able to move to tempo. Children will be able to copy some dance movements such as Chinese Dragon dance, Dandiya dance etc. Obstacle courses in the playground</p> |
| Use one-handed tools and equipment Use a comfortable grip with good control when holding pens and pencils | <p>Focus teaching- through creative activities and mark making Role play area- using plastic knife and fork Continues provision – free drawing Teach and model single letter formation- letters from thie names Provide extra help and guidance when needed</p> |
| <p>Expectations entering Reception: -progress towards a more fluent style of moving, with developing control and grace -confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group -to draw straight and curved lines with a good pencil grip</p> | |
| <p>Reception themes Movement/ balancing and spinning on points/ net and ball games/ Athletics</p> | |