



Weoley Castle Nursery School Curriculum Goals

Curriculum Goal: Physical Development

We aim to support our children to develop their sensory processing skills to enable them to respond appropriately to the physical challenges of the environment. To be able to move confidently and safely in a range of ways, though experiencing regular movement and activity both inside and outside. This will enable children to develop their gross motor and fine motor skills, enabling children to excel in other areas e.g self-care, literacy, handwriting etc. Fine motor refers to small muscle groups including hands, wrists, fingers, feet and toes. Gross motor skills are to do with large muscle groups including the coordination of arms, legs, and other large body parts. We want children to understand good practices in regard to healthy living, identifying healthy and non-healthy foods. To understand the importance of good oral health. To safely use a range of appropriate tools and equipment and begin to manage some risk.

Context:

All of our planning has been designed with the context of our children and families at the forefront of our minds. We consider the type of housing they live in, social and economic context, language and communication needs such as EAL and speech and language development and how all of these factors play a part in educational outcomes. Many children are still right at the start of their toilet training journey when they start nursery school and are still wearing nappies.

Educational Programmes:

EYFS 2021

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. By creating games and providing opportunities for play both indoors and outdoors, adults can support children to develop their core strength, stability, balance, spatial awareness, co-ordination and agility. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being. Fine motor control and precision helps with hand-eye co-ordination, which is later linked to early literacy. Repeated and varied opportunities to explore and play with small world activities, puzzles, arts and crafts and the practice of using small tools, with feedback and support from adults, allow children to develop proficiency, control and confidence.

First milestone:

Fine Motor

Children start eating and drinking independently, and learning how to use a drinking cup and utensils.

Children begin to demonstrate an emerging preference for an dominant hand.

Explore a variety of fine-motor activities; threading, puzzles, playdough, painting, finger painting, hole punch.

Gross Motor

To be able to put on own hat and coat

To be able to move around the nursery environment freely, inside and outside, safely.

Experiment with freedom to move in a variety of ways.

Access appropriate climbing equipment safely e.g climbing frame and balancing beams.

What does this look like?

Children will be able to explore the nursery environment safely, making appropriate risk assessments. Children will be able to put on their outdoor coat mostly independently.

Second milestone:

Fine Motor

Use a comfortable grip with good control when holding pens and pencils.

Beginning to explore mark making and write letters or marks that have meaning.

Uses one handed tools or equipment, for example making snips in paper with scissors.

Start to eat independently and learning how to use a knife and fork.

Show a preference for a dominant hand.

Gross Motor

Be able to put on own coat, jumper, gloves and hat

Use tools for a purpose e.g. scissors, pencils

Pour water and milk at snack/eating times

Select snack independently

With support, collaborate with others to manage large items such as moving a long plank safely or carrying a large hollow block.

What does this look like?

Children are able to manage their physical needs independently, putting their outdoor coat on and off with little support. Children will join in with snack times, accessing chosen snacks, eating and drinking independently.

Third milestone:	<p><u>Fine Motor</u></p> <p>Developing small motor skills so that they can use a range of tools, competently, safely and confidently. Suggested tools: pencils and pens for drawing and writing, paintbrushes, scissors, knives, forks and spoons.</p> <p>To be able to write their name.</p> <p>To independently serve themselves or others at snack time/eating times.</p> <p><u>Gross Motor</u></p> <p>To have an awareness of safety and manage own risks</p> <p>Matches developing physical skills to tasks and activities. For example, top decide weather to walk, run or crawl across a plank, depending on its length and width.</p> <p>Works with others to manage large items, like moving a large plank safely and carrying large hollow blocks.</p>
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What does this look like?

Measure...

The children will confidently explore the nursery environment, indoors and outdoors, selecting tools and equipment independently during self-chosen activities. Children will be confident in their own abilities and risk assess their own play skills, e.g know how to navigate the climbing frame safely. Children will manage their own physical needs independently.

Final milestone:

Children will have developed their core strength, which will enable them to play games both indoors and outdoors, navigating the nursery environment safely. Through accessing repeated opportunities to explore and play, children have developed their fine motor control and hand eye co-ordination. This will mean that most children can access tools safely, navigate their way through the nursery day managing their needs independently e.g. putting on their wellies, shoes, coats, hats and gloves. Feeding themselves independently and accessing tools to support self-chosen activities e.g. scissors, paint brushes etc.