

Early Learning Goals	Learning Objectives	Learning Activities/Experiences
<ul style="list-style-type: none"> <li>• <b>Moving and handling:</b> children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing.</li> <li>• <b>Health and self-care:</b> children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. They</li> </ul>	<ul style="list-style-type: none"> <li>• Run safely on whole foot</li> <li>• Squat with steadiness to rest or play with an object on the ground and rise to feet without using hands</li> <li>• Climb confidently and pull themselves up on play equipment</li> <li>• Kick a large ball</li> <li>• Turn pages in a book</li> <li>• Show control in using jugs to pour, hammers, books and mark making tools</li> <li>• Begin to use 3 fingers to hold writing tools</li> <li>• Imitates drawing simple shapes such as circles and lines</li> <li>• Begin to show preference for dominant hand</li> <li>• Move freely with pleasure and confidence in a range of ways</li> <li>• Run skilfully and negotiate space successfully</li> <li>• Catch a large ball</li> <li>• Stand momentarily on one foot</li> <li>• Use one handed tools and equipment</li> <li>• Copy some letters</li> <li>• Drink without spilling</li> <li>• Clearly communicate their need for the toilet</li> <li>• Recognise danger and seek the support of an adult</li> <li>• Dress with help</li> <li>• Wash and dry hands</li> </ul>	<p>Begin weekly Dance sessions with Rachel Morgan</p> <p>Learn different areas of school so that children are aware of the layout and use the areas, moving around safely, and negotiating space.</p> <p>Play “Simon Says”, emphasising names of body parts.</p> <p>Experiment with travelling and balancing using different body parts and move in different ways.</p> <p>Play with balls and compare the way they move when they are thrown and kicked. Which parts of our bodies can we use to make the ball move?</p> <p>Play catching and throwing games.</p> <p>Explore what hands can do to squeeze, roll and flatten play dough.</p> <p>Use small world and construction toys.</p> <p>Play “The Keeper of the Keys” and musical statues.</p> <p>Use climbing equipment outside for sliding, crawling, climbing and jumping</p> <p>Use a variety of mark making equipment – brushes, squeezey bottles, chalks, pens, sponges etc</p> <p>Introduce ‘Funky fingers’ activities.</p> <p>Use pens and pencils. Encourage correct grip and letter formation. Name writing and practise writing phase 2 letters as they are introduced.</p> <p>Go to the toilet and wash hands independently</p> <p>Drink carefully from a cup at snack/lunchtimes</p> <p>Communicate needs e.g. hunger, tiredness, feeling unwell.</p>

**Medium Term Planning**  
**PRIME AREA - Physical Development**

**Reception**

**St Michael's Nursery & Infant School**  
**Autumn 1 Ourselves**  
**Sarah Ives**

<p>manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.</p>	<ul style="list-style-type: none"><li>• Understand how to use tools and equipment safely</li><li>• Tell adults when hungry or tired</li></ul>	<p>Get changed for dance and P.E. sessions. Learn about the safe use of equipment and the importance of keeping safe. Talk about the importance of a healthy diet and trying new foods. Make plates of healthy foods or healthy lunchboxes. Encourage Reception children to try new foods at lunchtimes.</p>
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