

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>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>Weekly dance and P.E. sessions with David and Rachel.</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**

**Nursery & 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. Find out about the importance of brushing our teeth and not eating too many sugary foods.</p>
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