

# Reception

## Physical Development

### Autumn

### Spring

### Summer

**Gross Motor Skills:**

**As movers, we will use our Strength, Coordination and Collaboration superpowers to...**

Travel in lots of different ways like running, hopping, skipping, crawling and rolling with more control and coordination.

Change my speed and direction safely during games and outdoor play.

Stop my body quickly when a grown-up gives the signal.

Jump in different ways (forwards, sideways, off a small step) and land safely.

Balance on different parts of my body and stay steady.

Begin to pedal tricycles or balance bikes.

Aim, throw, roll and kick balls with more accuracy.

Stack, line up and balance blocks to build stable structures.

**Fine Motor Skills:**

**As creators and mark makers, we will use our Resilience and Fine Motor superpowers to...**

Join and separate small construction pieces by clicking and twisting them.

Dig using trowels and hand forks.

**Gross Motor Skills:**

**As movers, we will use our Strength, Coordination and Collaboration superpowers to...**

Move confidently in different ways (running, hopping, skipping, sliding, stomping) with greater control and coordination.

Stop, start and change direction quickly and safely, especially during games and outdoor play.

Show improved spatial awareness when travelling around the playground, field and climbing equipment.

Use large equipment safely, including climbing frames, bikes, balls and PE apparatus, showing increasing confidence and control.

Balance along lines, stepping stones and different surfaces for longer periods, showing improved stability.

Travel over, under, around and through equipment with growing confidence.

Begin to show control when catching a large ball.

Begin to coordinate movements for simple team games such as aiming, passing, chasing and stopping.

Use bikes, trikes and scooters with better steering and control, navigating pathways independently.

Build strength through pushing, pulling, lifting and carrying during outdoor play and teamwork.

Notice how our bodies change during exercise (heart beating faster, breathing harder, feeling warmer).

Use our Collaboration superpower to carry, move and tidy equipment safely.

**Gross Motor Skills:**

**As movers, we will use our Strength, Coordination and Collaboration superpowers to...**

Move confidently and safely in a range of outdoor spaces, choosing appropriate movements such as running, hopping, skipping, climbing, balancing and jumping.

Show good control when starting, stopping and changing direction during games, races and outdoor challenges.

Use space carefully, looking out for others and navigating pathways, tracks and uneven ground with growing independence.

Develop our ball skills by rolling, kicking, throwing and catching with increasing accuracy and control.

Show increasing accuracy when catching a medium-sized ball.

Take part in simple team games, following rules, taking turns and encouraging our teammates.

Build stamina by joining in longer periods of active play, running games, obstacle courses and outdoor adventures.

Use large equipment safely and confidently, including climbing frames, bikes, scooters, balance beams, tyres and crates.

Work together to move and carry equipment such as crates, planks, tyres and natural materials when building dens, obstacle courses or outdoor structures.

	<p>Squash, roll and press materials like dough using hands and tools such as rolling pins. Cut carefully along lines with support from a grown up if needed using both hands together for coordinated tasks (e.g., holding paper while cutting). Begin to use a comfortable grip when drawing and writing. Begin to show hand preference more consistently.</p> <p><b>Self-care &amp; Independence:</b> <b>We will use our Courage, responsibility and independence superpower to:</b> Practise hanging up our coats and bags on our new pegs ready for the colder Autumn and Winter days. Manage lunch times by learning to carry our own trays, sit safely at the dinner table and practice using cutlery with the support from our teachers. Use the toilet with support if needed and wash our hands. Begin to take responsibility for our belongings and classroom environment.</p>	<p>Join in with movement activities such as Write Dance, 1st Moves and action rhymes using big, controlled movements.</p> <p><b>Fine Motor Skills:</b></p> <p><b>As creators and mark makers, we will use our Resilience and Fine Motor superpowers to...</b> Weave, thread and tie using a range of small and large resources to strengthen our fingers. Use small tools safely (hammers, hole punches, tweezers, pipettes, small construction pieces) with increasing control. Strengthen our hand muscles by squeezing, rolling, pinching and shaping dough or clay. Hold our pencils using a steady, comfortable grip to draw and begin forming letters. Use scissors with growing accuracy, turning the paper and cutting along lines. Use a secure tripod grip when drawing and writing as our control improves. Form letters we have learned with increasing accuracy and confidence. Thread smaller beads, complete more complex puzzles and use construction pieces with precision. Use tools for a purpose – cutting, joining, building, shaping and creating.</p> <p><b>Self-care &amp; Independence:</b> <b>We will use our Courage, responsibility and independence superpower to:</b> Dress and undress more independently, including managing zips and simple fastenings. Look after our belongings and classroom resources with less adult support. Use cutlery with increasing control at lunchtime. Follow hygiene routines such as washing hands, blowing our nose and brushing our teeth.</p>	<p>Talk about how our bodies feel before and after exercise, noticing changes like faster breathing, warm skin and a beating heart. Learn how to stay safe and healthy in hot weather by drinking water, resting in shade and wearing hats. Practise walking safely as a group on different terrain during outdoor visits and adventures.</p> <p><b>Fine Motor Skills:</b></p> <p><b>As creators and mark makers, we will use our Resilience and Fine Motor superpowers to...</b> Strengthen our fingers through weaving, threading, tying, fastening and using small tools with increasing control. Use tools safely and sensibly, such as scissors, hole punches, staplers, tweezers, pipettes and small construction pieces. Use our cutting and joining skills with more accuracy and independence when building, creating and designing. Follow simple steps when making models or solving small problems during construction and creative tasks. Hold our pencil in a comfortable tripod grip to write with more control and confidence. Write short sentences with recognisable letters formed correctly, using the fine motor strength we have built up all year. Use careful hands outdoors when planting seeds, collecting natural objects or exploring minibeasts and textures. Show accuracy and detail when drawing summer plants, animals, vehicles, people who help us or things that are special to us. Become more independent with everyday tasks such as fastening zips, opening snack pots, using cutlery, packing bags and tidying equipment.</p>
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<p><b>Vocabulary</b></p>	<p><b>Autumn</b>          Run, hop, skip, roll, balance, stop, start</p>	<p><b>Spring</b>          Steer, climb, slide, twist, chase, pass, aim</p>	<p><b>Summer</b>          Stamina, control, accuracy, navigate, coordinate, steady</p>

<p><b>How adults will support this:</b></p>	<p><b>Autumn</b>          Model safe movement and spatial awareness          Provide repeated motor patterns (Write Dance, Squiggle, Dough Disco)          Scaffold tool use (scissors, tweezers, pipettes)          Pre-teach routines for EAL learners          Provide daily fine-motor strengthening          Support independence with visuals and prompts          Model safe carrying and teamwork outdoors</p>	<p><b>Spring</b></p>	<p><b>Summe</b></p>
<p><b>Experiences</b></p>	<p><b>Autumn</b>          First Moves          Golden Mile          PE activities          Obstacle courses          Write Dance          Large-scale mark making outdoors          Walk to Wallsend Park</p>	<p><b>Spring</b>          PE activities          Golden Mile          Climbing challenges          Team games          Pedalling pathways</p>	<p><b>Summer</b>          PE activities          Golden Mile          Outdoor adventures          Den building          Long-distance walks          Planting and gardening          Walk to Wallsend Park          Farm Visit</p>