

Nursery Curriculum Overview Physical Development 2021

By the end of Nursery, children should be able to:

Gross motor skills

- Ride a three wheeled scooter and bike.
- Climb steps, stairs and apparatus using alternate feet.
- Hop, skip, stand on one leg.
- Hold a pose, for example in musical statues.
- Stop, start and run avoiding obstacles.
- Throw and catch a large ball.
- Use large muscle movements to paint, wave flags and streamers.
- Use whole body movements to follow the handwriting patterns for progression in mark making.
- Safely handle tools and equipment.
- Collaborate with others to move large equipment.

Fine motor skills

- Use scissors correctly and with control.
- Use pens and pencils with a tripod grip and with good control.
- Show preference for a dominant hand.

Fine motor skills

- Eat independently with a knife and fork.
- Use the toilet independently.
- Wash and dry hands independently and understand why it is important.
- Put on and take off their own coat and zip it up.
- Take off and put on their own shoes (with a velcro fastener or slip on) and wellies.
- Understand about healthy food choices, drink, activity and toothbrushing.
- Name and identify different parts of the body.
- Demonstrate an understanding that equipment and tools can be used safely.
- Try a range of different textures and tastes, and express a preference.
- Dress with help, e.g. put arms into shirt when held up, pull up own trousers.

Key Language (taken from Eiklan stages)

<u>Level 1</u>	<u>Level 2</u>	<u>Level 3</u>	<u>Level 4</u>
by, inside, off, out, over, to, through, under	Moving, Quick, Still, round, away, behind, bottom, forward, in front of, near, next to, outside, straight, hungry	Backwards, Beside, Between, Far, Front, High, Low, Middle, Side , Together, Towards, thirsty	Above, across, against, below, facing, row

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Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><u>Fine Motor Control</u></p> <p>A range of activities to support development of fine motor control are available daily throughout the continuous provision, such as; threading and sewing; pouring; stirring; dancing with scarves; using spray bottles; dressing and undressing dolls; playing with small world toys; planting and caring for plants; making models with junk materials; construction kits; malleable materials.</p> <p>Children engage in 'Scribble while you Wiggle' sessions, following the handwriting patterns for progression in mark making, using whole arm movements. The sessions progress to mark making on large paper, using the same handwriting patterns.</p> <p>Children are supported to use scissors correctly and develop the correct grip for writing.</p>					
<p><u>Gross Motor Skills</u></p> <p>Using alternate feet to climb stairs on outdoor equipment. Bikes and Scooters</p>	<p><u>Gross Motor Skills</u></p> <p>Using alternate feet to climb stairs on outdoor equipment. Bikes and Scooters</p>	<p><u>Gross Motor Skills</u></p> <p>Stopping, starting and running whilst safely avoiding obstacles. Hop, skip, stand on one leg and hold a pose.</p> <p>Using balancing equipment outdoors independently.</p>	<p><u>Gross Motor Skills</u></p> <p>Stopping, starting and running whilst safely avoiding obstacles. Hop, skip, stand on one leg and hold a pose.</p> <p>Using balancing equipment outdoors independently.</p>	<p><u>Gross Motor Skills</u></p> <p>Throwing and catching beanbags and balls.</p> <p>Scooters and bikes.</p> <p>Collaborate to carry large equipment.</p>	<p><u>Gross Motor Skills</u></p> <p>Throwing and catching beanbags and balls.</p> <p>Scooters and bikes.</p> <p>Collaborate to carry large equipment.</p>
<p><u>Health and Self -Care.</u></p> <p>Managing own toileting and washing hands.</p> <p>Use a knife and fork independently.</p>	<p><u>Health and Self -Care.</u></p> <p>Managing own toileting and washing hands.</p> <p>Use a knife and fork independently.</p> <p>Body parts, importance of rest, exercise, sleep healthy eating, drinking water, brushing teeth.</p>	<p><u>Health and Self -Care.</u></p> <p>Managing own toileting and washing hands.</p> <p>Put shoes and wellies on independently</p> <p>Body parts, importance of rest, exercise, sleep healthy eating, drinking water, brushing teeth</p>	<p><u>Health and Self -Care.</u></p> <p>Managing own toileting and washing hands.</p> <p>Put shoes and wellies on independently</p> <p>Body parts, importance of rest, exercise, sleep healthy eating, drinking water, brushing teeth</p>	<p><u>Health and Self -Care.</u></p> <p>Managing own toileting and washing hands.</p> <p>Put coat on by themselves.</p> <p>Healthy eating - vegetables. Tooth brushing.</p>	<p><u>Health and Self -Care.</u></p> <p>Managing own toileting and washing hands.</p> <p>Put coat on by themselves.</p> <p>Healthy eating - fruit. Tooth brushing.</p>

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Key Language

Key Language					
<p><u>Level 1 words</u></p> <p>by, inside, off, out, over, to, through, under, fast, slow.</p> <p><u>Level 2 words</u></p> <p>Moving, Quick, Still, round, away, behind, bottom, hungry</p> <p><u>Level 3 words</u></p> <p>thirsty</p>	<p><u>Level 1 words</u></p> <p>by, inside, off, out, over, to, through, under, fast, slow.</p> <p><u>Level 2 words</u></p> <p>Moving, Quick, Still, round, away, behind, bottom, hungry</p> <p><u>Level 3 words</u></p> <p>Thirsty</p> <p><u>Additional language.</u></p> <p>Names of body parts.</p>	<p><u>Level 2 words</u></p> <p>forward, in front of, near, next to, outside</p> <p><u>Level 3 words</u></p> <p>Beside, Between, Far, Front, High, Low, Middle, Side, Together, Towards, thirsty</p>	<p><u>Level 2 words</u></p> <p>forward, in front of, near, next to, outside</p> <p><u>Level 3 words</u></p> <p>Beside, Between, Far, Front, High, Low, Middle, Side, Together, Towards, thirsty</p>	<p><u>Level 3 Words</u></p> <p>Backwards, Beside, Between, Far, Front, High, Low, Middle, Side , Together, Towards, thirsty</p> <p><u>Level 4.words</u></p> <p>Above, across, against, below, facing, row</p> <p><u>Additional language</u></p> <p>Names of vegetables</p>	<p><u>Level 3 Words</u></p> <p>Backwards, Beside, Between, Far, Front, High, Low, Middle, Side , Together, Towards, thirsty</p> <p><u>Level 4.words</u></p> <p>Above, across, against, below, facing, row</p> <p><u>Additional language</u></p> <p>Names of fruit</p>