

Physical- Gross Motor

Provide regular access to appropriate outdoor space

Experience of carrying things up and down on different levels (slopes, hills and steps)

Encourage children to be highly active and get out of breath several times every day

Range of surfaces to feel, move and balance on, such as grass, earth and bark chippings

Provide a choice of open-ended materials to play that allow for extended, repeated and regular practising of physical skills like lifting, carrying, pushing, pulling, constructing, stacking and climbing

Provide a wide range of activities to support a broad range of abilities

Provide regular access to floor space indoors for movement

Ensure that spaces are accessible to children with varying confidence levels, skills and needs

Provide opportunities for children to, spin, rock, tilt, fall, slide and bounce

Allow less competent and confident children to spend time initially observing and listening, without feeling pressured to join in

Model precise vocabulary to describe movement and directionality, and encourage children to use it

Provide children with regular opportunities to practise their movement skills alone and with others

Challenge children with further physical challenges when they are ready, such as climbing higher, running faster and jumping further

Provide a range of wheeled resources for children to balance, sit or ride on, or pull and push

Provide different chairs and tables at the correct height for the range of children in the class

Provide areas for sitting at a table that are quiet, purposeful and free of distraction. Give children regular, sensitive reminders about correct posture

Provide opportunities to move that require quick changes of speed and direction

Create obstacle courses that demand a range of movements to complete, such as crawling through a tunnel, climbing onto a chair, jumping into a hoop and running and lying on a cushion

Provide a range of balls, bats & model games

Encourage precision and accuracy when beginning and ending movements.

Encourage children to use a range of equipment. These might include wheeled toys, wheelbarrows, tumbling mats, ropes to pull up on, spinning cones, tunnels, tyres, structures to jump on/off, den-making materials, logs and planks to balance on, A-frames and ladders, climbing walls, slides and monkey bars

Physical

ELG: Gross Motor Skills

Children at the expected level of development will:

- Negotiate space and obstacles safely, with consideration for themselves and others;
- Demonstrate strength, balance and coordination when playing;
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.