

## EYFS Long & Medium Term Planning

### PRIME AREA – PHYSICAL DEVELOPMENT

#### Early Learning Goals

**Moving and Handling:**

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.

**Health and Self-care:**

Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently

#### Moving and Handling

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<ul style="list-style-type: none"> <li>-Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.</li> <li>-Uses one-handed tools and equipment, e.g. makes snips in paper with child scissors.</li> <li>-Holds pencil between thumb and two fingers, no longer using whole-hand grasp.</li> </ul>	<ul style="list-style-type: none"> <li>-Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles.</li> <li>-Hold s pencil near point between first two fingers and thumb and uses it with good control.</li> <li>-Can copy some letters, e.g. letters from their name.</li> </ul>	<ul style="list-style-type: none"> <li>-Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.</li> <li>-Experiments with different ways of moving.</li> <li>-Begins to form recognisable letters.</li> <li>-Handles tools, objects, construction and malleable materials safely and with increasing control</li> </ul>	<ul style="list-style-type: none"> <li>-Travels with confidence and skill around, under, over and through balancing and climbing equipment.</li> <li>-Jumps off an object and lands appropriately.</li> <li>-Shows increasing control over an object in pushing, patting, throwing, catching or kicking it.</li> <li>-Uses simple tools to effect changes to materials.</li> <li>-Begins to form recognisable letters.</li> </ul>	<ul style="list-style-type: none"> <li>-Travels with confidence and skill around, under, over and through balancing and climbing equipment.</li> <li>-Jumps off an object and lands appropriately.</li> <li>-Shows increasing control over an object in pushing, patting, throwing, catching or kicking it.</li> <li>-Uses simple tools to effect changes to materials.</li> <li>-Begins to form recognisable letters.</li> </ul>	<ul style="list-style-type: none"> <li>-Moves confidently in a range of ways, safely negotiating space.</li> <li>-Handles equipment and tools effectively, including pencils for writing.</li> </ul>

## Health and Self-Care

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<ul style="list-style-type: none"> <li>-Can attend to toileting needs most of the time themselves.</li> <li>-Dresses with help, e.g. puts arms into open-fronted coat or shirt when held up, pulls up own trousers, and pulls up zipper once it is fastened at the bottom</li> </ul>	<ul style="list-style-type: none"> <li>-Observes the effects of activity on their bodies.</li> <li>-Understands that equipment and tools have to be used safely.</li> </ul>	<ul style="list-style-type: none"> <li>-Usually dry and clean during the day.</li> <li>-Shows understanding of the need for safety when tackling new challenges and considers and manages some risks.</li> <li>-Shows understanding of how to transport and store equipment safely.</li> </ul>	<ul style="list-style-type: none"> <li>-Eats a healthy range of foodstuffs and understands need for variety in food.</li> <li>-Shows some understanding that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health.</li> <li>-Practices some appropriate safety measures without direct supervision.</li> </ul>	<ul style="list-style-type: none"> <li>-Knows the importance for good health of physical exercise and healthy diet</li> </ul>	<ul style="list-style-type: none"> <li>-Can talk about ways to keep healthy and safe.</li> <li>-Manages their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently</li> </ul>