



# EYFS - Autumn 2 - Physical Development Knowledge Organiser

## What I will learn...

### Gross Motor

#### Ball skills

To develop the ability to control a ball in a range of ways.

To develop the ability to throw accurately at a target.

To use throwing skills in a small sided game.

To be able to use a bat or racket to move and control an object.

To develop the ability catch and bounce a ball.

### Fine Motor

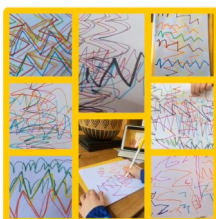
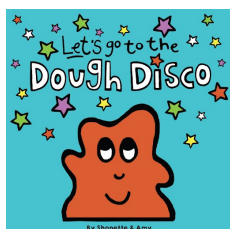
To know how to hold a pencil to produce letters which are recognisable.

To know how to use one handed tools.

To know how to use a range of small tools safely.

To know how to exercise our fingers in Dough Disco.

To know how to create marks through Pen Disco.



## Key Vocabulary

Throw	To use hands and force something through the air by movement.
Kick	To use a foot to strike something with force.
Target	An object to touch or hit.
Travel	To move in different directions.
Fine motor	Involve movement of the smaller muscle groups in the hands, fingers, and wrists .
Gross motor	Involve movements of the large muscles of the arms, legs, and torso.
Balance	The ability to maintain a controlled body position
Dough Disco	A fun activity which combines the use of play dough with a series of hand and finger exercises designed to improve fine muscle control
Squiggle Whilst you Wiggle	Uses dance and large movements to help children develop the fine muscle control they need for writing.



## Making a difference at The Merton

We will start by introducing ball skills in P.E. The children will learn lots of different things to do with a ball. They will practise and develop skills which include controlling a ball, rolling and throwing a ball, bouncing a ball, kicking a ball, catching a ball and striking a ball. They will develop individual skills, as well as learning how to play a few simple games and become part of a team. They will also be taking part in 'Fine Motor Tuesday's' where they can develop their fine motor (pincer) skills through using a variety of small tools and manipulating different materials.

## Making a difference at home

- Continue to use playdough to support children's finger strength and dexterity.
- Encourage the use of writing tools to help children to become confident.
- Practise simple games using the pincer grip.