



EYFS - Spring 1 - Physical Development Knowledge Organiser

What I will learn...

Gross Motor

Smarty Pilates

How to experiment with different ways of moving.

To initiate new combinations of movement in order to express and respond to feelings when responding to music.

To know when to use different physical skills to tasks and activities.

How they can develop their core strength.

Fine Motor

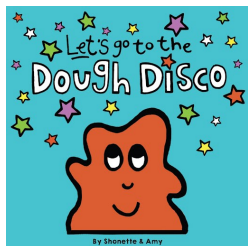
How to hold a pencil to produce letters which are recognisable .

To know how to use one handed tools.

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

How to exercise our fingers in Dough Disco.

How to create marks through Pen Disco.



Key Vocabulary

Smarty Pilates	A low intensity form of exercise
Core strength	The development of the torso muscles that stabilize, align, and move the trunk of the body.
Movement	change in position or location.
Fine motor	Involve movement of the smaller muscle groups in the hands, fingers, and wrists .
Gross motor	Involve movements of the large muscles
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 im-
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 our Smarty Pilates P.E theme. The children will learn different movements according to animals and toys. These movements support the children to develop their vestibular system and coordination. They will be experimenting with moving their bodies and developing their core strength. The children 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.