



EYFS - Autumn - Physical Development Knowledge Organiser

What I will learn...

Gross Motor

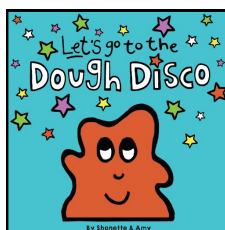
- To know how to move around safely in space.
- To know how to follow instructions and stop safely.
- To know how to stop safely and develop control when using equipment.
- To know how to follow instructions and play safely as a group.
- To know how to follow a path and take turns.
- To know how to work co-operatively with a partner.
- To know how to use balancing.
- To know how to run and stop.
- To know how to change direction.
- To know how to jump.
- To know how to hop.
- To know how to explore different ways to travel using equipment.

Fine Motor

- To know how to use one handed tools.
- To know how to use one handed tools with grip and control.
- 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 Squiggle Whilst You Wiggle.

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

We will start by introducing the fundamentals of P.E. Children will be learning basic principles of a PE lesson such as safely using space, stopping safely, using and sharing equipment and working individually, with a partner and group. They will take part in activities which will develop fundamental movement skills such as running, jumping and skipping. Children will also play simple games and begin to understand and use rules. Children will develop skills of balancing, running, hopping, jumping, travelling and changing direction. Children will develop fine and gross motor skills, through handling equipment. They will learn how to stay safe using space. They work independently and with a partner to complete tasks. 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.
- Practice simple games using the pincer grip.