



## Physical Development- Coverage Tracker



### Reception

Pupils will be learning to	Aut 1	Aut 2	Spr 1	Spr 2	Sum 1	Sum 2
Revise and refine the fundamental movement skills they have already acquired: <ul style="list-style-type: none"> <li>• rolling</li> <li>• crawling</li> <li>• walking</li> <li>• jumping</li> <li>• running</li> <li>• hopping</li> <li>• skipping</li> <li>• climbing</li> </ul>						
Progress towards a more fluent style of moving, with developing control and grace.						
Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming						
Develop their small motor skills so that they can use a range of tools competently, safely and confidently. Suggested tools: pencils for drawing and writing, paintbrushes, scissors, knives, forks and spoons						
Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor						
Combine different movements with ease and fluency.						
Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. Develop overall body-strength, balance, co-ordination and agility.						
Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.						
Develop the foundations of a handwriting style which is fast, accurate and efficient.						

Further develop the skills they need to manage the school day successfully:

- lining up and queuing
- mealtimes

--	--	--	--	--	--	--