

## Physical development




Early learning goals

### Physical development: gross motor

- ✿ Negotiates space and obstacles safely with consideration for themselves and others
- ✿ Demonstrates strength, balance and coordination when playing
- ✿ Move energetically such as running, jumping, dancing, hopping, skipping and climbing

highlighted vocabulary from NC

highlighted vocabulary from LEAP

Physical development		
	<p><b>Negotiate space , strength, coordination and balance</b></p> <p>Children know how to negotiate space to keep themselves and others safe. Children build their strength, coordination and balance by having access to the outdoors for most of the day.</p>	<p><b>Vocabulary</b></p> <ul style="list-style-type: none"> <li>✿ Pull</li> <li>✿ push</li> <li>✿ Climb</li> <li>✿ Crawl</li> <li>✿ Ride</li> <li>✿ Dance</li> <li>✿ Wave</li> <li>✿ Skip</li> <li>✿ Catch</li> <li>✿ Lift</li> <li>✿ Stretch</li> <li>✿ Chase</li> <li>✿ Sit</li> <li>✿ Jump</li> <li>✿ Run</li> <li>✿ Kick</li> <li>✿ Walk</li> <li>✿ Put on</li> <li>✿ Rolls</li> <li>✿ Travelling</li> <li>✿ Balance</li> <li>✿ Take off</li> <li>✿ Dress/undress</li> <li>✿ Waterproofs</li> <li>✿ Wellies</li> <li>✿ Scarf</li> <li>✿ Pants</li> <li>✿ Trousers</li> <li>✿ Shirt</li> <li>✿ T-shirt</li> <li>✿ Jumper</li> <li>✿ Cardigan</li> <li>✿ Body parts</li> <li>✿ Safe</li> <li>✿ Private</li> <li>✿ Accident</li> <li>✿ Help</li> </ul>
	<p><b>Dress and undress for outdoors</b></p> <p>Children know items of clothing and are taught how to dress and undress themselves.</p>	
<p><b>BODY PARTS</b></p> 	<p><b>Body parts</b></p> <p>Children know and identify their own body parts. Children know how to keep themselves safe (pants are private, how to report accidents)</p>	

LEAP body parts			
Ear	nose	Toes	mouth
Tongue	eyes	Belt	hands
Shoulder	Ankle	head	
Arms	legs		

LEAP clothing			
Clothes	coat	socks	hat
Sandals	jacket	gloves	dress
Skirt	shoes		

Step on words
Agility
Flight
Routine
Chin
Neck

Topic: All About Me – body parts			
	Anchor Words	Goldilocks words	Step on Words
Nouns	Arm Back Foot Hand Legs Hair Finger Toe Mouth Face Eyes Nose Ear Tongue Head	Hips Shoulder Freckles Skin Bones Heart Lips Ankle Wrist Body	Lungs Shin Calf
Verbs	Run Jump Pull Lick Climb Crawl Ride Blow Dance Wave Skip Catch Walk Wash Sit Kick	Leap Breathe Laugh Lift Shake Stretch	Digest
Adjectives	Big Little	Round Long Short	Extended

# Progression

## F1 autumn

Shows an interest in moving their bodies in different ways  
Shows an awareness of others when they're travelling in different ways outside  
Shows an interest in climbing, balancing and transporting loose parts  
Shows an awareness of safety when playing/moving outdoors (e.g. might step back when a bike is travelling fast)  
Shows an interest in getting themselves undressed/dressed  
Knows and points to their head, shoulders, hands, arms, legs, knees, toes, eyes and ears

## F2 autumn

Shows some coordination when moving their bodies in different ways  
Negotiates space with fewer accidents  
Develops strength, coordination and balance when climbing, balancing and transporting loose parts  
Knows how to keep safe outside (e.g. slows down, waits when someone else is climbing, and avoids slippery surfaces)  
Can put on and take off some items of clothing  
Knows and points to their head, stomach, shoulders, hands, knees, arms, legs, toes, eyes, mouth and ears

## F1 spring

Uses their bodies to run, jump, dance, skip and climb  
Negotiates space with fewer accidents  
Begins to develop strength, coordination and balance when climbing, balancing and transporting loose parts  
Demonstrates playing/moving safely (e.g. might slow down when someone is approaching)  
Can find own clothing and attempts to get dressed/undressed  
Knows and points to their head, stomach, shoulder, arms, legs, knees, toes, eyes and ears

## F2 spring

Begins to move their body in different ways whilst listening to music or whilst singing a song/rhyme  
Negotiates space with fewer accidents  
Has strength and coordination when climbing, balancing and transporting loose parts  
Knows how to keep safe outside and can tell others how to keep safe too  
Can put on and take off some items of clothing and attempts to fasten buttons and zips  
Knows and points to their head, stomach, shoulders, hands, knees, toes, eyes, mouth, ears, chin, tongue, lip, teeth, neck, arms, legs, hips

## F1 summer

Shows some coordination when moving their bodies in different ways  
Negotiates space with fewer accidents  
Develops strength, coordination and balance when climbing, balancing and transporting loose parts  
Knows how to keep safe outside (e.g. slows down, waits when someone else is climbing, and avoids slippery surfaces)  
Can put on and take off some items of clothing  
Knows and points to their head, stomach, arms, legs, hands, shoulders, knees, toes, eyes, mouth and ears

## F2 summer

Moves their body in different ways in time with the music/words of a song/rhyme  
Negotiates space with fewer accidents  
Has strength, coordination and agility when climbing, balancing and transporting loose parts  
Knows how to keep safe, can tell others how to keep safe too, and helps to make areas safe e.g. cleaning up spillages, picking up objects)  
Can put on and take off items of clothing and fastens buttons and zips  
Knows and points to their head, stomach, shoulders, hands, knees, toes, eyes, mouth, ears, chin, tongue, lip, teeth, neck, arms, legs, hips, toes, thumbs, fingers, ankle, wrist