

Nursery Knowledge Organiser for Physical Development

Overview

Physical Development

Physical Development is one of the **prime** areas of learning in the Early Years Foundation Stage. Physical activity is vital in children's all round development, enabling them to pursue happy, healthy and active lives.



Physical Development is broken down into two strands- **Gross Motor Skills** and **Fine Motor Skills**. **Gross Motor skills** provide the foundation for developing healthy bodies and social and emotional well-being. It is the beginnings of Physical Education (PE).

Fine Motor control and precision helps with hand-eye coordination, which is later linked to early literacy.

Fine Motor

	Dominant Hand	The preferred hand to use to write with. Children are starting to use this more consistently now.
	Fisted Grasp: 1-2 years	Pencil held in palm. All fingers and thumb used. Movement is from the shoulder Large scribbles are made on the page.
	Digital pronate grasp 2-3 years	All fingers hold pencil. Wrist is turned down. Movement is from the elbow. Horizontal, vertical and circular lines are now added.
	Four Finger Grasp 3-4 years	Pencil held between the end of four fingers and thumb. Movement is from the wrist. Zigzag/crossed lines and simple shapes can be drawn.
	Static Tripod Grasp 4-6 years	Pencil held between the index, middle fingers & thumb. Fourth finger sometimes involved. Movement is normally still from the wrist. Shapes such as triangles and squares can be drawn.

Key Vocabulary: *wide vocabulary gives children the means to describe what they see, show their knowledge and make comparisons.*

physical, balance, sport, healthy, exercise, run, jump, movement, safety, writing, letters, pencil, marks, grip

Gross Motor

Fundamental Movement Skills

These are a specific set of gross motor skills that involve different body parts. These skills are the building blocks for other skills that children learn throughout their lives. They help children to take part in games, sports and recreational activities.
Running, Jumping, co-ordination, throwing, catching, kicking and striking.



In PE, we learn to move energetically in lots of different ways including running, jumping, dancing, hopping and skipping. We join different movements together smoothly and choose which ways to move to complete a challenge. We negotiate space and obstacles safely, thinking about ourselves and others. When climbing up stairs, steps or climbing equipment, we use alternate feet (change which foot we use)



Sports Equipment is the things that we play sports with. We know we use different equipment for different sports and which sport the equipment is for and are beginning to learn how to use each piece of equipment properly. Football, tennis ball and racket, basketball, hockey stick, skipping rope, hoops, bean bags, net,



We can skip, hop, stand on one leg and hold a pose. We can use large muscle movements to wave flags and streamers, paint and make marks. Take part in some group activities that they make up for themselves or in teams



Balance bikes- bikes without pedals that supports a child to balance on a 2 wheeled bike.
Climbing/ hanging- Using arm muscles to pull and hold body weight helps muscle development.

Movements

