



Woolgrove Curriculum Skills and Knowledge

Area of the Curriculum – Physical Development – Gross motor

	Skills	Knowledge
EYFS Physical Development	<p>Develop sitting, crawling and walking skills.</p> <p>Moves up and down stairs.</p> <p>Move energetically such as running, jumping, dancing, hopping, skipping and climbing</p> <p>Can kick and catch a ball.</p> <p>Moves freely in a range of ways including in the water.</p> <p>Shows increasing control over an object in pushing, patting, throwing, catching or kicking it.</p>	<p>Begin to develop an understanding of safely coordinating their bodies and keeping safe.</p> <p>Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles.</p> <p>Begin to move with pleasure and confidence.</p> <p>Enjoys sensory experiences.</p>
Pre-Formal	Refining of skills and knowledge taught in EYFS – experiences provided through Child initiated Learning opportunities, Prime Areas of the Curriculum (Physical Development, Communication and Language and Personal, Social and Emotional Development) the Life skills and Sensory curriculum	
Semi-Formal 1		
Semi- Formal 2	<p>To be able to roll, throw, bounce and hit a ball with developing accuracy using underarm and overarm.</p> <p>To be able to kick and catch a ball with developing accuracy.</p> <p>To be able to move as directed in different ways to music.</p> <p>To be able to demonstrate different body shapes e.g stretch, star, tuck.</p> <p>To begin to move with control in different ways.</p> <p>To run, jump and throw with developing accuracy and distance.</p> <p>To travel in the water with developing control using a range of flotation equipment.</p> <p>Be able to engage in activities with a partner.</p>	<p>To know the use of different equipment and how to control it.</p> <p>To know that exercise has a positive effect on our health.</p> <p>To begin to apply the skills I have been taught in a range of activities.</p> <p>To name different ways of moving.</p> <p>To begin to know the rules and routines that keep me safe in the water.</p>
Formal	<p>To develop ball skills including passing, stopping, tackling, intercepting and hitting.</p> <p>To copy short motifs (a short phrase, movement or gesture that is repeated.) and link actions.</p> <p>To be able to balance, roll and jump to create a sequence of movement s.</p> <p>To run, jump and throw with accuracy and distance.</p> <p>To start to develop recognisable strokes when</p>	<p>To understand simple rules of a game and teamwork.</p> <p>To understand how to use space effectively.</p> <p>To understand the positive effects of exercise.</p> <p>To move with control in different ways.</p> <p>To effectively apply skills in a range of activities.</p> <p>To know the rules and routines that keep me safe in the water.</p>



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