

## Physical Development- Moving and Handling

In the Early Years statutory framework physical development is one of the 3 prime areas of learning. There are two strands within physical development and these are: 'Moving & Handling' and 'Health & Self-care.'

The objectives in the EYFS for moving & handling are:

- Experiments with different ways of moving.
- Jumps off an object and lands appropriately.
- Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.
- Travels with confidence and skill around, under, over and through balancing and climbing equipment.
- Shows increasing control over an object in pushing, patting, throwing, catching or kicking it.
- Uses simple tools to effect changes to materials.
- Handles tools, objects, construction and malleable materials safely and with increasing control.
- Shows a preference for a dominant hand.
- Begins to use anticlockwise movement and retrace vertical lines.
- Begins to form recognisable letters.
- Uses a pencil and holds it effectively to form recognisable letters, most of which are correctly formed.

**The Early Learning Goal for the end of the Reception year states:**

**Children show good control and co-ordination in large and small movements.  
They move confidently in a range of ways, safely negotiating space.**

The following opportunities are provided in everyday learning in Reception to ensure the above objectives are met.

- Time and a vast amount of space is provided for the children to enjoy energetic play daily in the morning and afternoon.
- Large portable equipment, that children can move about safely and cooperatively to create their own structures, such as milk crates, tyres and large building blocks are provided.
- Movement skills through games with beanbags, cones, balls and hoops are provided.
- Activities where children can practise moving in different ways and at different speeds, balancing, target throwing, rolling, kicking and catching are provided.
- Balance bikes are provided for children to negotiate space successfully, adjust speed, change direction and avoid obstacles.

- Activities that give children the opportunity and motivation to practise manipulative skills, e.g. cooking, painting, clay and playing instruments are provided.
- The children have access to play resources including small world toys, construction sets, threading and material for collage.
- A range of construction toys are provided of different sizes, made of wood, rubber or plastic, that fix together in a variety of ways, e.g. by twisting, pushing or slotting.

Children in reception have the opportunity every day through continuous provision to take part in physical development activities which will ensure they meet the end of year early learning goal. All staff teach the children the skills they must develop through effectively modelling how to use the equipment safely and appropriately. Throughout the year carefully planned activities led by the teachers will ensure that every child has the opportunity to show they have met the objectives for moving and handling. These activities are planned so they do not detract from daily key learning whilst ensuring all EYFS objectives are met. PE kit will therefore not be required this year. You will receive information about appropriate clothing for Sports Day in the summer term.

The opportunities and experiences provided in reception will ensure the children are ready for Year 1 where they will have PE lessons focussed on the objectives for Physical Education set out in the National Curriculum.