



EYFS Physical Development Curriculum Journey



Move like an animal e.g. elephant, snake, cat

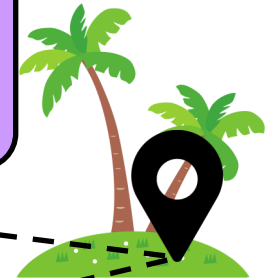
Use large outdoor play equipment with support

Use digging tools to find objects in the sand.

Carry large buckets of sand or water

Join in with exercise which makes us 'out of breath.'

Begin to use construction materials such as Lego, Octoplay and Knex.



MILESTONE 1



MILESTONE 2

Show perseverance when moving small objects with their fingers or tools.

Use a wide variety of stimuli for locomotion e.g. tunnels, floor markers, music

Use vocabulary to move in different ways e.g. slither, squeeze

Move in more complex ways e.g. jumping, hopping and climbing.

Join in with gardening—digging, planting and pushing the soil

Use a variety of tools to move sand, soil and water.

Use rhythmic movements which take a lot of co-ordination e.g. galloping, skipping

Balance balls, ropes, beanbags and hoops on different parts of the body

Make bracelets or necklaces with small beads.

Join in with action songs to develop strength

Apply fine motor skills to writing in a variety of contexts.

Use the movement adaptations of effort, space and relationships to enhance walking or running.



**MILESTONE 3
END OF EYFS**



	Strength
	Gross motor
	Fine motor