



Physical Development Big Ideas

Be aware of their body and the space it is in

Be able to maintain balance

Develop Stability

Take part in yoga

Sit on the floor and on chairs/ at tables demonstrating good posture

Develop Strength

Lift, pull, carry and manoeuvre objects

Hold body in appropriate position

Be able to move in straight, diagonal and curved paths, avoiding collision, at different speeds

Move on foot and on wheeled objects

Move in a variety of ways

Develop Locomotion

Traverse obstacles including climbing apparatus

At The Russell School, our children will...

Paint, draw and write

Develop Fine Motor

Hold and use different tools in the appropriate ways

Develop Gross Motor

Throw, catch and play games with balls, rackets, goals, etc

Express themselves using their body

Be co-ordinated in their movements using tools or resources

Develop Object Control

