

To develop core fundamental movement skills.

To be able to follow simple rules and instructions.

**Physical Development**Children will understand how to live a healthy and safe lifestyle and also to move and manipulate objects in a range of different ways.

Develop children’s balance and posture.

Develop children’s agility.

To understand and demonstrate appropriate screen time habits.

To be able to wait and take turns in a small group.

Develop children’s resilience to exercise

Develop children’s strength and fitness.

Can show an awareness of space and others around them.

To use our senses to explore a range of healthy food.

To understand and demonstrate appropriate roadside safety.

To begin to develop an effective handwriting style

To promote healthy sleeping routines.

To demonstrate and talk about the importance of good oral hygiene.

Demonstrate care and safety for equipment and apparatus.

Children will be able to eat independently and with good manners.

Develop children’s co-ordination.

Develop and refine a range of ball skills.

To use a range of tools with care, safety and control.

Develop a fluent style of moving with balance and grace

To understand the importance of a healthy lifestyle.

Children will be able to line up and wait appropriately.

To understand the importance of good personal hygiene.

Talk about and demonstrate different movements.