Develop children's To use our strength and To demonstrate senses to fitness. and talk about the explore a range importance of good of healthy food. oral hygiene. Can show an Demonstrate awareness of To begin to space and others care and safety develop an around them. for equipment effective Develop handwriting style and apparatus. To use a range of To promote tools with care, children's healthy **Physical Development** safety and resilience to control. Children will understand how to live a healthy and sleeping exercise Develop a fluent routines. safe lifestyle and also to move and manipulate To understand style of moving To understand objects in a range of different ways. the importance and demonstrate with balance and of good personal appropriate grace To develop core hygiene. roadside safety. Develop and fundamental Develop Talk about and refine a range movement skills children's demonstrate of ball skills. balance and different To understand Develop posture. movements. the importance children's of a healthy To understand and agility. demonstrate lifestyle. appropriate screen Children will be Develop time habits. able to line up To be able to children's coand wait wait and take ordination. appropriately. turns in a small Children will be To be able to group. able to eat follow simple independently and rules and with good instructions. manners.