



PD – FM & GM

EYFS

Term 1 & 2 – 2026-2027

	We're Going on a Bear Hunt	PIGS MIGHT FLY
Key knowledge that all children should know by the end	3 AND 4 YEAR OLDS • Skip, hop and stand on one leg • Use large muscle movements to wave flags. • One handed equipment – snips in paper. • Pencil grip – comfortable and good control. • Increasingly independent in meeting their care needs – brushing teeth, using the toilet and washing and drying hands	3 AND 4 YEAR OLDS • Increasingly independent as they get dressed and undressed. • Make healthy choices about food, drink and tooth brushing. PRACTISING SKILLS • Skip, hop and stand on one leg • Use large muscle movements to wave flags. • One handed equipment – snips in paper. • Pencil grip – comfortable and good control.
Key Vocabulary for children	Sport. PE. Fitness. Health. Healthy. Strong. Muscles. Skip. Hop. Jump. Control. Toilet. Hand washing. Chain. Flush. Germs. Clean. Muscle Music. Small muscles. Big muscles. Scrimbling. Circles. Lines. Dots. Handwriting. Grip. Tripod grip. Letter. Grapheme. Formation. Sensory Circuits.	
Key activities – Teacher inputs.	• Introduction to 'muscle music'. • Introduction to handwriting and handwriting structure. Introduce letter families. • Introduction to Scrimbling. • Sensory Circuits. Whole class, moving to targeted interventions. • Dance – School Play rehearsals. • Yoga. Cosmic Yoga. Brain gym.	
Scaffolding and resources.	• PE HUB. Differentiated, structured lessons. • Chunky crayons to promote hand strength and hand dominance. (Dots, circles and lines). • Malleable materials to support formation and hand/wrist fluency. • Physical development progression document for FS. Building upon basic skills to improve physical strength and positive handwriting. • Sensory circuits – Whole class, then to be used as a personalised intervention program to support and build on gross muscle strength and control. • Floor activities – Whiteboards, magnetic boards, chalking, paper rolls, sand trays, foam trays. • Grip support – Tweezers, squishy balls, chunky pencils, pencil grips. • Proprioception activities – Bouncing. Wheelbarrows, squats, bounced hoppers, yoga balls.	
Challenge and extension	• Formation copying. Moving into books. • Introduce the positioning of letters on line. • Introduce and support the understanding of ascenders and descenders. • Exposure to capital letters and their formation to match each lower-case grapheme taught. • Begin to cut curved lines and more complex shapes.	
Outdoor Provision	• Obstacle courses – jumping, balancing, crawling and climbing. • Target practise. Beanbags, balls, bowling. • Sensory circuit style activities – large rope around tree/fence. Pulling own body weight. • Yoga pose cards and mats. • Mud kitchen – Chopping, mixing, crushing. • Mud kitchen – using scissors to cut grass, herbs and leaves. • Adult supported parachute games. • Large floor mark making - Paintbrushes and water. Large chalks. Coloured foam. • Tuff trays. Malleable materials – clay, foam, mud, ice, jelly etc.	

	• Construction shed – large building bricks, planks, pipes.
--	---