



Physical Development overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Physical Development	Handwashing and hygiene Getting dressed Starting/ stopping/negotiating space.	Moving rhythmically In response to music. Moving in imaginative ways/ dance Understanding importance of healthy eating, exercise, rest.	Moving over and under Jumping and landing appropriately Gymnastics equipment	Forest School Playing racing and chasing games- adjusting speed and changing direction. FS games Yoga Practices safety measures	Increasing control over and object, pushing, patting, throwing catching Ball games	Healthy eating Dressing and undressing independently Taking part in running, skipping, balancing, and throwing.