

PD Curriculum



Autumn	Spring	Summer
✓ Sit at with a good posture at a table. ✓ Hold a pencil in a preferred hand with a tripod grip. ✓ ✓ Copy a range of different movements- running, skipping etc. ✓ Travel around safely ✓ Begin to pass a ball by wither kicking, hitting or throwing. ✓ Use parts of the playtrail they are confident with. ✓ Can confidently use large apparatus ✓ Use a fork and spoon effectively when eating. ✓ Begin to use a knife under supervision	✓ Travel around using a range of different movements- running, skipping etc. ✓ Be able to find a space. ✓ Begin to throw and catch a ball/beanbag ✓ Begin to pass a ball precisely by wither kicking, hitting or throwing. ✓ Hold a balance for a few seconds ✓ Use all the playtrail with support ✓ Can confident use large and small apparatus with support ✓ Use a knife and fork with guidance when eating	✓ Effectively use a pair of scissors ✓ Effectively form letters. ✓ Travel around confidently using a range of different movements- running, skipping etc. ✓ Throw and catch a ball/beanbag. ✓ Pass a ball precisely by wither kicking, hitting or throwing. ✓ Combine movements together. ✓ Use the playtrail effectively ✓ Can confidently use large and small apparatus ✓ Use a knife and fork effectively when eating

At the end of Reception

- ✓ Sit at with a good posture at a table.
- ✓ Effectively use a pair of scissors
- ✓ Hold a pencil in a preferred hand with a tripod grip.
- ✓ Effectively form letters.
- ✓ Travel around confidently using a range of different movements- running, skipping etc.
- ✓ Be able to find a space.
- ✓ Travel around safely
- ✓ Throw and catch a ball/beanbag.
- ✓ Pass a ball precisely by wither kicking, hitting or throwing.
- ✓ Hold a balance for a few seconds.
- ✓ combine movements together.
- ✓ Use the play trail effectively
- ✓ can confident use large and small apparatus
- ✓ Use a knife and fork effectively when eating
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