Can I ....?

- Move confidently in a range of ways e.g. hopping, skipping, jumping, rolling, crawling?
- Catch a large ball?
- Use a pencil to draw a picture?
- Use child safe scissors correctly and safely?
- Copy some letters from my name?

Physical Development

Activities/Ideas

- Create obstacle courses to support climbing/jumping.
- 'Simon Says' - play games which require children to move in different ways - hop/skip/jump
- Traffic Light Game - tell children a movement e.g. hopping. Use 3 coloured cards - when you show green, they hop around the garden, orange they hop on the spot, red they stand still. Repeat using different movements
- Play throwing/catching games - start with a big ball. If they can do it make it more challenging - use a smaller ball or move further away.
- Explore the basics of other ball games e.g. football, volleyball, netball, cricket, golf.
- Develop a love of mark making using different resources - see attached sheet
- Support children in using child safe scissors correctly - can they hold them? Can they use them?

Edith Cadbury Nursery School
Weekly Learning Focus:
Physical Development

Week Commencing: 13th April 2020