

Foundry Lane Primary School – Common Play Behaviours

**AREA: PHYSICAL – GROSS MOTOR - OUTSIDE**

**COMMON PLAY BEHAVIOURS**

**ENHANCEMENTS**



Behaviour	SPACE / BODY MOVEMENT	COORDINATION AND BALANCE	SKILL	
<p>Reception</p> <p>Physical activity is vital in children’s all-round development, enabling them to pursue happy, healthy and active lives. Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child’s strength, co-ordination and positional awareness through tummy time, crawling and play movement with both objects and adults. By creating games and providing opportunities for play both indoors and outdoors, adults can support children to develop their core strength, stability, balance, spatial awareness, co-ordination and agility. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being. Fine motor control and precision helps with hand-eye co-ordination, which is later linked to early literacy. Repeated and varied opportunities to explore and play with small world activities, puzzles, arts and crafts and the practice of using small tools, with feedback and support from adults, allow children to develop proficiency, control and confidence.</p>	<p>Hoops Obstacle course Activity trail Cones Cars</p> <p>Ribbons Streamers</p>	<p>Balance bikes Beam – activity trail Stilts Obstacle Course Footballs</p> <p>Yoga Area</p>	<p>Bat Ball Bean bags Quoits</p> <p>Cup and Ball</p> <p>Skipping Ropes</p>	
<p><b>Effective Practice:</b></p> <p><b><u>Adults to introduce vocabulary (use of words, symbols and signs)</u></b> <b><u>eg-</u></b> Balance Co-ordination Movement Jumping running throwing catching Hopping march stretch skill</p> <p><b><u>Adults to ask simple questions to extend learning e.g-</u></b></p> <ul style="list-style-type: none"> <li>• How can you use this equipment?</li> <li>• What skills do you need?</li> <li>• How can you keep your balance?</li> <li>• What can you do with a hoop?</li> <li>• How can you control the ball?</li> <li>• Can you get the ball to stop without using your hands?</li> <li>• Can you get the ball in the box?</li> </ul>	<p>Beginning: Jump on and off a small step Wave flags or streamers with greater control Move freely without bumping into others.</p> <p>Secure: Walk for longer periods and aware of space Jump on 2 feet with control, confidence and for longer periods Can run avoiding obstacles, with greater control, adjust and stop speed Can queue in a line being aware of others’ space Experiments and chooses ways to move through and travelling on apparatus.</p>	<p>Beginning: Ride a balance bike with some assistance Make attempts to skip and hop Begin to stand on one leg Can copy sequences and patterns of movements relating to music and rhythm Able to use and remember sequences and patterns of movements relating to music and rhythm Hop/Skip with increasing control Stand on one leg for a longer period Walk across a balance beam with some support.</p> <p>Secure Hop with greater balance, control and for longer periods Skip with greater balance, coordination and for longer periods Confidently ride a balance bike. Make up own simple dance routine or sequence Walk across a balance beam unaided.</p>	<p>Beginning Throw a ball with increasing accuracy Roll a ball with increasing accuracy Begin to catch a ball Begin to hit a ball with a bat</p> <p>Secure Roll a ball with control, confidence and precision Confidently throw a ball with accuracy to another person Confidently catch a ball from another person Roll with control, confidence and precision</p>	