

Physical Development: Autumn 1

Children control their bodies by staying in their own space, on their own mat. Their bodies remain facing forwards to the teacher.

They start to become aware of good posture and muscle control as they stand tall and strong on their mats and move into different positions, for example: stretching their bodies into a star shape.

They start to mirror and copy basic movements modelled to them to develop gross motor skills. They start to develop stability skills as they move from sitting to standing and rocking from side to side.

Children start to move to the beat of the music and understand rhythm and clapping and keeping the beat. They can stop and stand still when the music stops.

Health & self care: children receive support to become increasingly independent as they remove and put on their shoes.

