

EYFS  
Physical Development  
Long-term planning

Moving and Handling

ELG 1: Children show good control and co-ordination in large and small movements.

ELG 2: Children move confidently in a range of ways, safely negotiating space.

ELG 3: They handle equipment and tools effectively, including pencils for writing.

Mounts stairs, steps or climbing equipment with alternate feet.

Can stand momentarily on one foot.

Can catch a large ball.

Draws lines and circle using gross motor movements.

Can use one-handed tools, e.g. scissors.

Holds pencil between thumb and two fingers.

Can copy some letters.

Experiments with different ways of moving.

Jumps off an object and lands appropriately.

Negotiates space successfully when playing running or chasing games.

Travels with confidence and skill around, under and over equipment.

Shows increasing control when pushing, patting, throwing, catching or kicking an object.

Handles tools and materials safely and with control.

Shows a preference for a dominant hand.

Begins to use anti-clockwise movement.

Begins to form recognisable letters.

Holds a pencil effectively.

Forms most letters correctly.

## Health and self-care

ELG 1: Children know the importance for good health of physical exercise, and a healthy diet and talk about ways to keep healthy and safe.

ELG 2: They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.

Can tell adults when they are tired or hungry or when they want rest or play.

Observes the effects of activity on their bodies.

Understands equipment and tools have to be used safely.

Can hang up and collect their own coat and bag.

Usually dry and clean during the day.

Can wash and dry their hands.

Can go to the toilet independently.

Dresses with some help.

Can hang up and collect their own coat and bag.

Eats a healthy range of foodstuffs.

Understands need for a variety in food.

Shows some understanding of how to stay healthy with regard to exercise, sleeping, hygiene and eating.