

ROCKWOOD NURSERY SCHOOL
PHYSICAL DEVELOPMENT SEQUENCED CURRICULUM - 2-4 YEAR OLDS

At Rockwood, we aim for children to move confidently and safely; and to maintain good health

2 YEAR OLDS	24-28 months	28-32 months	32-36 months
GROSS MOTOR I can...	<ul style="list-style-type: none"> Negotiate the space around me and explore how my body moves 	<ul style="list-style-type: none"> Negotiate and balance on uneven surfaces 	<ul style="list-style-type: none"> Begin to use large equipment with control
FINE MOTOR I can...	<ul style="list-style-type: none"> Pick up equipment confidently - using palmer grip 	<ul style="list-style-type: none"> Begin to make marks using various equipment e.g. in malleable resources and pen, paper and paint 	<ul style="list-style-type: none"> Being to manipulate smaller tools with pincer grip e.g. tweezers, pegs, pens, threading

3-4 YEAR OLDS	36-40 months	40-44 months	44-48 months	48-52 months	52-58 months
GROSS MOTOR I can...	<ul style="list-style-type: none"> Use my body in a variety of ways e.g. running, jumping and stepping and rolling Climb stairs using alternate feet 	<ul style="list-style-type: none"> Manage risks and simple problem solving within the environment 	<ul style="list-style-type: none"> Show awareness of how to get a healthy body through exercise and healthy eating 	<ul style="list-style-type: none"> Dress and undress myself appropriately for inside and out 	<ul style="list-style-type: none"> Confidently use large equipment safely
FINE MOTOR I can...	<ul style="list-style-type: none"> Begin to use small equipment with greater hand-eye co-ordination and increasing control e.g. snip paper with scissors 	<ul style="list-style-type: none"> Enjoy mark making and show enthusiasm for their mark making Begin to hold mark-making tools in a comfortable grip 	<ul style="list-style-type: none"> I am beginning to show control with mark-making tools moving towards a tripod grip Show a preference of dominant hand when using equipment 	<ul style="list-style-type: none"> Use scissors and other fine motor tools correctly and confidently 	<ul style="list-style-type: none"> Form letters correctly for my name and can write other familiar letters