



## KG2 CURRICULUM – PHYSICAL DEVELOPMENT

**PHYSICAL DEVELOPMENT:** is all about children being guided to develop coordination, team work, independence, confidence, fine motor skills, gross motor skills, coordination, agility, balance, body awareness, spatial awareness, manipulation and healthy living.

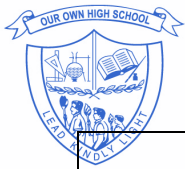
### **Handling and Moving**

Children will be able to

- ★ Experiment with different ways of moving.
- ★ Jump off an object and lands.
- ★ Negotiate space successfully when playing, racing and chasing games with other children.
- ★ Adjust speed or change direction to avoid obstacles.
- ★ Travel with confidence and skill around, under, over and through balancing and climbing equipment.
- ★ Show increasing control over an object in pushing, patting, throwing, catching or kicking.
- ★ Use simple tools to effect changes to materials.
- ★ Handle tools, objects, construction and malleable materials safely and with increased control.
- ★ Show a preference for a dominant

Children will

- ★ Show good control and coordination in large and small movements.
- ★ Move confidently in a range in a range of ways.
- ★ Safely negotiate space.
- ★ Handle equipment and tools effectively, including pencils for writing.



	<p>hand.</p> <ul style="list-style-type: none"><li>★ Begin to use anticlockwise movement and retrace vertical lines.</li><li>★ Begin to form recognizable letters.</li><li>★ Use a pencil and holds it effectively.</li><li>★ Form recognizable letters, most of which are correctly formed.</li></ul>	
<b>Health and self -care</b>	<p>Children will be able to</p> <ul style="list-style-type: none"><li>★ Eat a healthy range of food stuff.</li><li>★ Understand the need for variety in food.</li><li>★ Usually dry and clean during the day.</li><li>★ Show some understanding that good practices like exercises, eating, sleeping and hygiene can contribute to good health.</li><li>★ Show understanding of the need for safety, when tackling new challenges and considers and manages some risks.</li><li>★ Show understanding of how to transport and store equipment safely.</li><li>★ Practice some appropriate safety measures without direct supervision.</li></ul>	<p>Children will</p> <ul style="list-style-type: none"><li>★ Know the importance for good health and physical exercises.</li><li>★ Understand about how a healthy diet is useful and ways to keep healthy and safe.</li><li>★ Manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.</li></ul>