



Booker Park Curriculum

My Body

The Booker Park curriculum is designed to be developmental. Teachers should choose learning intentions from the following pages which reflect individual children's next steps.

Contents

Pg. 3 – Gross Motor Skills

Pg. 8 – Fine Motor Skills

Gross Motor Skills

BookerParkStep4 (BP4)

To kick a ball forward

To throw a ball into a box

To catch by chasing a ball

To move on ride on toys without pedals

To run on whole foot, stopping and starting with ease and avoiding obstacles

To increase understanding of self in relation to size/position of objects in the environment and enclosed spaces

To climb forward onto adult sized chair, turns and sits

To walk downstairs with one hand held

To squat in play

To roll onto side and then stand up from a lying position

To walk a few steps along a balance beam

To jumps in place with both feet

To jump from a low surface

To go up and down a slide

To stand on tip-toes

To stands one foot with help (both feet)

BookerParkStep5 (BP5)

To catch a large ball

To ride a tricycle

To imitate simple movements of limbs head and trunk

To walk upstairs alone (both feet on each step)

To walk downstairs alone (both feet on each step)

To walk in the general direction of a line marked on the floor

To stand on a balance beam with both feet

To walk on tip-toes for a few steps

To walks backwards for a about 2 metres

To jump sideways

To jump backwards

To jump on a trampoline with an adult holding hands

BookerParkStep6 (BP6)

To step along a balance beam

To walk upstairs with alternating feet

To jump over an obstacle (string/hurdle) up to 20cm from the ground

To jump a distance of more than 40cm

To jump a distance of at least a metre

To jump from a bottom step of stairs (with 2 feet together)

To walk downstairs on alternating feet

To avoid obstacles in their path

To turn around corners when running

To climb simple playground apparatus with agility e.g. simple climbing frames

To throw a ball overhand

To catch a ball between extended arms

To balance on one leg momentarily

To hop at least twice on one leg

BookerParkStep8 (BP8)

To support weight on combinations of body parts.

To (momentarily) sustains weight on hands alone

To climb ladders and trees

To catch a small ball, but tends to gather ball into body

To strike a balloon with lightweight paddle, or hits a suspended ball

To kick a ball along the ground whilst moving behind it#

To understand the need to travel through space without bumping into others

To stand on preferred foot for 3-5 seconds

To hops on preferred foot

To walk along a chalk line

BookerParkStep9 (BP9)

To jump for a distance (about 1m) with one foot leading

To jump off a height of about 30cm

To use a variety of play equipment - slides, swings climbing frames

To strike a ball with short-handled racket

To play a variety of ball games with considerable agility

To catch small balls using hands only

To bounce and catch a ball

To kick a ball and hit a target

To maintain balance while moving quickly e.g. in 'tag' game

To stand on one foot 8-10 seconds right or left foot

To hop 2-3 metres forward on each foot separately

To skip on alternate feet for some distance

To walk along a narrow line heel-to-toe

BookerParkStep10 (BP10)

To play on apparatus with skill

To be able to climb ropes

To throw with accuracy

To control speed when running and swerve to avoid collision

To skip in time to music

To hopscotch 1 successful hop

BookerParkStep12 (BP12)

To be skilful in throwing with one hand

To walk along a thin line with arms outstretched for balance

To hopscotch up to 2 successful hops

To hopscotch for some distance

Fine Motor Skills

BookerParkStep4 (BP4)

To imitate a vertical stroke with a mark making implement

To imitate circular scribble

To build a tower using four blocks

To build a tower using six cubes

To fold paper imitatively (without precision)

To hold mark making implement with thumb and fingers

To string three beads

To snip with a scissors

BookerParkStep5 (BP5)

To imitate horizontal strokes with a mark making implement

To imitate a cross

To copy a circle

To build tower using eight blocks

To snip along a line using scissors

BookerParkStep6 (BP6)

To imitate a three block bridge using cubes

To build tower of nine cubes

To string 1/2 inch beads

To hold writing implement in an adult-like grasp

To fold paper in half

To draw person with head, and one or two indications of other features or parts

To have a preferred hand

BookerParkStep8 (BP8)

To build tower of ten or more cubes, and several bridges of three cubes.

To imitate spreading of hand and bringing thumb into opposition with each finger in turn (right and left hand)

To hold and uses pencil with good control in adult fashion

To draw a person with head, legs and trunk

To draw a person with head, legs, trunk, arms and fingers

BookerParkStep9 (BP9)

To pick up and replaces tiny objects

To copy building block models with more complexity

To draw recognisable person with head, trunk, legs, arms and features

To draw a house with door, roof, windows and chimney

To produce pictures containing several items and usually indication of background environment

To colour pictures neatly, staying within the lines

To draw a recognisable house