

Welcome to Early Years
Every Child A Mover

What is ECAM?

- ECAM is an intervention used in Nursery and Reception
- ECAM looks at developing a child's gross motor skills, fine motor skills and health and self-care skills, all of which come under Physical Development in the Early Years curriculum
- Which area needs to be developed is worked out using the monitoring tool

Gross motor skills

In Nursery children should be able to

- Climb stair using alternate feet
- Runs in spaces avoiding objects
- Catch a large ball
- Draws lines and circles
- Pedals a cycle
- Hop up and down on both feet without losing balance

Gross motor skills

In Reception should be able to

- Jump off an object and land appropriately
- Skip with alternate feet
- Hop up and down at least 6-8 times
- Walk up and down stairs with alternate feet
- Pedal and skilfully manoeuvre a tricycle
- 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 it

Fine motor skills

In Nursery children should be able to

- Use one handed tools such as paintbrushes and scissors
- Thread small beads onto a lace
- Holds pencil between thumb and 2 fingers, near the point and with good control
- Copies shapes
- Draws pictures of people that have at least 3 of the following: head, eyes, nose, mouth, neck, hair, trunk, arms, hands, legs or feet
- Can copy some letters eg letters from their name

Fine motor skills

In Reception children should be able to

- Follow a line on paper cutting the paper in half whilst holding own paper
- Handles tools and equipment safely and with increasing control
- Shows a preference for a dominant hand
- Counts fingers on one hand with index finger on other hand
- Can draw a person with head, body, arms and legs and to identify whether it is a boy or a girl
- Uses a pencil and holds it effectively to form recognisable letters most of which are correctly formed.

Health and Self-Care

In Nursery children should be able to

- Eat skillfully with a spoon or fork
- Can usually manage washing and drying hands
- Dresses with help
- Manages to use the toilet independently

In Reception should be able to

- Use a knife and fork competently
- Dress and undress
- Usually dry and clean during the day

Interesting Facts

- Gross motor skills are still developing up to the age of 5 years old
- Fine motor skills are still developing up to the age of 9 years old
- Children should have the correct pencil grip as soon as they start forming recognisable letters
- Crawling is an important part of a child's development helping to develop core strength and stability
- The more physical activity children do the more the brain is stimulated