

EYFS

PHYSICAL DEVELOPMENT PROGRESSION GRID

GROSS MOTOR SKILLS

	AUTUMN TERM	SPRING TERM	SUMMER TERM
NURSERY	<ul style="list-style-type: none"> Use alternate feet when climbing apparatus Begin to show independence when managing self-help skills e.g. dressing and toileting Know how to move on different beats and rhythms e.g. slowly for slow music and fast on quicker beats Use large-muscle movements to wave flags and streamers, paint and make marks 	<ul style="list-style-type: none"> Fill containers with different materials, e.g. sand/water and show confidence in carrying them from one point to another without dropping Use the outdoor climbing frame as well as the bikes/scooters to move in different ways and safely with increasing balance Show independence in self-help skills such as toileting and dressing e.g. putting coats on and doing up zips Be aware of obstacles whilst running, riding a scooter/bike etc and display some spatial awareness Match developing physical skills to activities in the environment e.g. deciding to crawl or walk across a plank depending on its length and width 	<ul style="list-style-type: none"> To move confidently and safely in a range of ways, avoiding obstacles when running/ hopping/ skipping etc. Successfully take part in group games with support from an adult Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks Choose the right resources to carry out their own plan e.g. choosing a spade to enlarge a small hole they dug with a trowel
RECEPTION	<ul style="list-style-type: none"> Revise and refine the fundamental movement skills they have already acquired: - rolling - crawling - walking - jumping - running - hopping - skipping – climbing Progress towards a more fluent style of moving, with developing control and grace Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group 	<ul style="list-style-type: none"> Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor Combine different movements with ease and fluency Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting and aiming 	<ul style="list-style-type: none"> Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming Develop confidence, precision and accuracy when engaging in activities that involve a ball Negotiate space and obstacles safely, with consideration for themselves and others Demonstrate strength, balance and coordination when playing Move energetically, such as running, jumping, dancing, hopping, skipping and climbing

FINE MOTOR SKILLS

	AUTUMN TERM	SPRING TERM	SUMMER TERM
NURSERY	<ul style="list-style-type: none"> • Turn the pages of a book one page at a time • Know how to use mark making resources effectively, e.g. how to use scissors to snip or how to use a paint brush to paint 	<ul style="list-style-type: none"> • Use different tools safely and effectively, e.g. scissors, pegs, hammers and pencils • Use one handed tools effectively 	<ul style="list-style-type: none"> • Begin to use tools with a dominant hand • Understand that the pencil needs to be held comfortably and with one hand to form letters and numbers • Know how to feed paper/materials through hand when cutting around objects • Begin to form some familiar, recognisable letters e.g. those in their name
RECEPTION	<ul style="list-style-type: none"> • Form recognisable letters that match their phonic knowledge • Develop their small motor skills so that they can use a range of tools competently, safely and confidently; suggested tools: pencils for drawing and writing, paintbrushes, scissors, knives, forks, spoons 	<ul style="list-style-type: none"> • Use a pencil effectively to form letters correctly • Develop the foundations of a hand-writing style which is fast, accurate and efficient 	<ul style="list-style-type: none"> • Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases • Hold scissors correctly to cut with increasing accuracy • Use a range of small tools, including scissors, paintbrushes and cutlery • Begin to show accuracy and care when drawing