



Progression of Skills- Physical Development (EYFS)

Skills	Nursery Autumn	Nursery Spring	Nursery Summer	Reception Autumn	Reception Spring	Reception Summer
Gross Motor Skills	<ul style="list-style-type: none"> -Enjoy starting to kick, throw and catch balls. -Sit on a push-along wheeled toy, use a scooter or ride a tricycle. -Go up steps and stairs, or climb up apparatus, using alternate feet. -Use large-muscle movements to wave flags or streamers, paint and make marks. 	<ul style="list-style-type: none"> -Continue to develop their movement, balancing and riding and ball skills. -Skip, hop, stand on one leg and hold a pose for a game like musical statues. -Match their developing physical skills to tasks and activities in the setting e.g. walk across a plank or crawl through a tunnel. -Collaborate with others to manage large items such as moving a long plank safely or carrying large hollow blocks. 	<ul style="list-style-type: none"> -Start taking part in some group activities, which they make up for themselves or in teams. -Are increasingly able to use and remember sequences and patterns of movements, which are related to music and rhythm. -Choose the right resources to carry out their own plan e.g. choosing a spade to dig out a small hole they dug with a trowel. 	<ul style="list-style-type: none"> -Revise and refine fundamental movement skills they have already acquired: Rolling, crawling, walking, jumping, running, hopping, skipping, climbing. -Uses their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor. -Confidently and safely, use a range of large and small apparatus indoors and outside, alone and in a group. -Further develop the skills they need to manage the school day successfully e.g. lining up and queuing, mealtimes and personal hygiene. -<i>Negotiate space and obstacles safely.</i> -<i>Demonstrate balance when playing.</i> -<i>Move energetically, such as running, jumping and climbing.</i> 	<ul style="list-style-type: none"> -Progress towards a more fluent style of moving, with developing control and grace. -Combine different movements with ease and fluency. -Develop overall body-strength, balance, co-ordination and agility. -Further develop and refine a range of ball skills. -<i>Negotiate space and obstacles safely, with consideration for themselves.</i> -<i>Demonstrate balance and coordination when playing.</i> -<i>Move energetically, such as running, jumping, dancing and climbing.</i> 	<ul style="list-style-type: none"> -Develop the overall body strength, co-ordination, balance and agility needed to engage successfully in future physical education session and other physical disciplines including dance, gymnastics, sport and swimming. -Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball. -<i>Negotiate space and obstacles safely, with consideration for themselves and others.</i> -<i>Demonstrates strength, balance and co-ordination when playing.</i> -<i>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</i>

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Fine Motor Skills	<ul style="list-style-type: none"> -Develop manipulation and control. -Use large and small motor skills to do things independently e.g. managing buttons and zips and pouring drinks. -Learn to use the toilet with help, then independently. -Uses one-handed tools and equipment. -Show preference for a dominant hand. 	<ul style="list-style-type: none"> -Use a comfortable grip with good control when holding pens and pencils. -Start to eat independently and learning how to use a knife and fork. 	<ul style="list-style-type: none"> -Be increasingly independent as they get dressed and undressed e.g. putting coats on and doing up zips. 	<ul style="list-style-type: none"> -Develop their small motor skills so that they can use a range of tools competently, safely and confidently e.g. pencils, paintbrushes, scissors and cutlery. <i>-Hold a pencil effectively.</i> <i>-Use a range of small tools, including paintbrushes.</i> <i>-Begin to show some accuracy when drawing.</i> 	<ul style="list-style-type: none"> -Develop their small motor skills so that they can use a range of tools competently, safely and confidently e.g. pencils, paintbrushes, scissors and cutlery. <i>-Hold a pencil effectively, using the tripod grip in almost all cases.</i> <i>-Use a range of small tools, including paintbrushes and scissors.</i> <i>-Begin to show some accuracy and care when drawing.</i> 	<ul style="list-style-type: none"> -Develop the foundations of a handwriting style which is fast, accurate and efficient. <i>-Hold a pencil effectively in preparation for fluent writing - using the tripod grip in almost all cases.</i> <i>-Use a range of small tools, including scissors, paintbrushes and cutlery.</i> <i>-Begin to show accuracy and care when drawing.</i>
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