



Progression of skills for **Physical Development** from F1 through to Y1

ELG Gross Motor Skills

Birth-3yrs	3-4 year olds	Reception	ELG	Link to Y1
<ul style="list-style-type: none"> * Gradually gain control of their whole body through continual practice of large movements, such as waving, kicking, rolling, crawling and walking * Clap and stamp to music * Fit themselves into spaces like tunnels, dens and large boxes and move around in them * Enjoy starting to kick, throw and catch balls * Build independently with a range of appropriate resources * Begin to walk independently – choosing appropriate props to support at first * Walk, run, jump and climb – and start to use the stairs independently 	<ul style="list-style-type: none"> * Continue to develop their movement, balancing, riding (scooters/bikes and trikes) and ball skills * Go up steps and stairs, or climb up apparatus, using alternate feet * Skip, hop, stand on one leg and hold a pose for a game like musical statues * Use large muscle movements to wave flags and streamers, paint and make marks * Start taking part in some group activities which they make up for themselves, or in teams 	<ul style="list-style-type: none"> * Revise and refine the fundamental movement skills they have already acquired: <ul style="list-style-type: none"> rolling - crawling walking -jumping - running - hopping - skipping - climbing * Progress towards a more fluent style of moving, with developing control and grace * Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with 	<ul style="list-style-type: none"> * Negotiate space and obstacles safely, with consideration for themselves and others * Demonstrate strength, balance and co-ordination when playing * Move energetically, such as running, jumping, dancing, hopping, skipping and climbing * Use their core muscle strength to achieve a good posture when sitting at the table or sitting on the floor * Combine different movements with ease and fluency * Confidently and safely use a range of large and small 	<p>Sport & Games</p> <ul style="list-style-type: none"> * master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities * participate in team games, developing simple tactics for attacking and defending * perform dances using simple movement patterns

<ul style="list-style-type: none"> * Spin, roll and independently use ropes and swings * Sit on a push along wheeled toy, use a scooter or ride a tricycle * Develop manipulation and control * Explore different materials and tools * Use large and small motor skills to do things independently e.g. manage buttons and zips and pour drinks * Show an increasing desire to be independent e.g. wanting to feed themselves, dress and undress * Learn to use the toilet with help, and then independently 	<ul style="list-style-type: none"> * Are increasingly able to use and remember sequences and patterns of movements which are related to music and rhythm * Match their developing physical skills to tasks and activities in the setting, for example, they decide whether to walk, crawl or run across a plank, depending on its length and width * Choose the right resources to carry out their own plan, for example, choosing a spade to enlarge a small hole they dug with a trowel * Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks 	<p>future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming</p>	<p>apparatus indoors and outside, alone and in a group</p> <p>Develop overall body strength, balance, co-ordination and agility</p> <ul style="list-style-type: none"> * Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting and aiming * Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball 	
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ELG Fine Motor Skills

Birth-3yrs	3-4 year olds	Reception	ELG	Link to Y1
<ul style="list-style-type: none"> * * Lift their head while lying on their front * Push their chest up with straight arms * Roll over – from front to back, then back to front * Enjoy moving when indoors and outside * Sit without support * Begin to crawl in different ways and directions * Pull themselves upright and bounce in preparation for walking * Reach out for objects as co-ordination develops * Eat finger food and develop likes and dislikes * Try a wider range of foods with different tastes and textures * Pass things from one hand to another. Let go of things and hand them to another person, or drop them 	<ul style="list-style-type: none"> * Use one handed tools and equipment, for example, making snips in paper with scissors * 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 * Show a preference for a dominant hand * Be increasingly independent as they get dressed and undressed, for example, putting coats on and doing up zips * Be increasingly independent in meeting their own care needs e.g brushing teeth, using the toilet, washing and drying their hands thoroughly * Make healthy choices about food, drink, 	<ul style="list-style-type: none"> * Develop their small motor skills so that they can use a range of tools competently. Safely and confidently. Suggested tools pencils for writing, and drawing, paintbrushes, scissors, knives, forks and spoons * Develop the foundations of a handwriting style that is fast, accurate and efficient * Develop the foundations of a handwriting style that is fast, accurate and efficient * Know and talk about the different factors that support their 	<ul style="list-style-type: none"> * Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases * Use a range of small tools, including scissors, paint brushes and cutlery * Begin to show accuracy and care when drawing * Further develop the skills they need to manage the school day successfully: lining up and queuing, mealtimes, personal hygiene 	<p>Handwriting</p> <ul style="list-style-type: none"> * sit correctly at a table, holding a pencil comfortably and correctly * begin to form lower-case letters in the correct direction, starting and finishing in the right place * form capital letters and digits 0-9 <p>D&T- Making</p> <ul style="list-style-type: none"> * select from and use a range of tools and equipment to perform practical tasks * select from and use a wide range of materials and components, including construction materials, textiles and ingredients, according to their characteristics <p>Computing</p> <ul style="list-style-type: none"> * use technology safely and respectfully, keeping personal information private; identify where to go for help and support when they have concerns about content or contact on the internet or other online technologies

	activity and tooth brushing	overall health and wellbeing: regular physical activity, healthy eating, tooth brushing, sensible amounts of 'screen-time', having a good sleep routine, being a safe pedestrian *Further develop the skills they need to manage the school day successfully: lining up and queuing, mealtimes, personal hygiene		
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