



EYFS- Physical Development Progression

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Physical	Nursery	<p>Children will use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor</p> <p>Children will 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 and spoons.</p>	<p>Children will use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor</p> <p>Children will 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 and spoons.</p>	<p>Children can 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.</p> <p>Children can use large-muscle movements to wave flags and streamers, paint and make marks.</p> <p>Children can use one-handed tools and equipment, for example, making snips in paper with scissors</p>	<p>Children can 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.</p> <p>Children can use large-muscle movements to wave flags and streamers, paint and make marks.</p> <p>Children can use one-handed tools and equipment, for example, making snips in paper with scissors.</p> <p>Children can complete fine motor activities with increasing control e.g. threading.</p>	<p>Children can skip, hop, stand on one leg and hold a pose for a game like musical statues.</p> <p>Children start taking part in some group activities which they make up for themselves, or in teams.</p> <p>Children use a comfortable grip with good control when holding pens and pencils.</p> <p>Children show a preference for a dominant hand.</p>	<p>Children start taking part in some group activities which they make up for themselves, or in teams.</p> <p>Children are increasingly able to use and remember sequences and patterns of movements which are related to music and rhythm.</p> <p>Children collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks.</p>
	Reception	<p>Children will know how to hop, skip and jump.</p> <p>Children will know the correct pencil grip and posture for writing.</p>	<p>Children will know how to use a knife and fork.</p> <p>Children will know how to do up and undo buttons.</p> <p>Children will know how to correctly form letters in</p>	<p>Children will know how to ride a balance bike.</p> <p>Children will know how to correctly form letters in Little Wandle</p>	<p>Children will know how to kick and pass different sized balls.</p> <p>Children will know how to use two-hole scissors to make snips in paper.</p>	<p>Children will know how to throw and catch different sized balls.</p> <p>Children will know how to thread and sew.</p>	<p>Children will know how to bat and aim using different sized balls.</p> <p>Children will know how to use two-</p>



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		Children will know how to correctly form letters in Little Wandle Phonics sessions and daily handwriting.	Little Wandle Phonics sessions and daily handwriting.	Phonics sessions and daily handwriting.	Children will know how to correctly form letters in Little Wandle Phonics sessions and daily handwriting.	Children will know how to correctly form letters in Little Wandle Phonics sessions and daily handwriting.	Children will know how to use hole scissors to cut along lines. Children will know how to correctly form capital letters.
		<p>In Early Years we give children a wide range of resources and activities both indoors and outdoors to develop their gross and fine motor skills. Children are regularly given the opportunity to transfer physical skills learnt in one context to another one such as dough disco for writing. Through PE sessions beginning in Spring Term (Reception), children are given opportunities to develop their overall body strength by learning disciplines including dance, gymnastics and sports. Children are given opportunities to develop the skills they need to manage the school day such as lining up appropriately, giving others personal space and having good table manners.</p>					