



Gross Motor Skills- ELG

1- Negotiate space and obstacles safely, with consideration for themselves and others

	3 & 4 year olds	Reception	ELG	Provisions	Link to Yr 1
PD	Go up stairs and steps or climb using alternate feet Collaborate with others to manage large items etc.	Confidently use a range of small and large equipment and obstacles	Negotiate space and obstacles	Provide obstacle course equipment Provide large scale building/ PE equipment=- make courses and use/ move etc.	Master basic movements Participate in team games
	Discussion over safety with children	Discuss need for rules and how to remain safe	Show understanding of safety precautions	PE lessons	

2- Demonstrate strength, balance and co-ordination

	3 & 4 year olds	Reception	ELG	Provisions	Link to Yr 1
PD	Match tasks to activities	Core muscles for good posture Overall body skills Movement fluency	Strength Balance Co-ordination	Ribbon twirling Large scale mark making Outdoor skills- climbing, running etc.	Basic movements Ball skills
	Use large movements e.g. streamers etc (shoulder pivot)				

3- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing

	3 & 4 year olds	Reception	ELG	Provisions	Link to Yr 1
PD	Develop movement including use of bikes, scooters etc.	Revise and use fundamental movement skills: roll, crawl, walk, jump, run, hop, skip, climb	Different movement styles- hopping, skipping, jumping, climbing, dancing, running	PE lessons	Team games
	Skip, hop, stand on one leg- games			Outdoor provision	Basic movements
	Ball skills	Ball skills: throwing, catching, kicking, passing, patting etc.		Bikes, scooters, moving vehicles Large construction	Ball skills



Fine Motor Skills- ELG

1- Hold a pencil effectively in preparation for writing (nearly always tripod grip)

	3 & 4 year olds	Reception	ELG	Provisions	Link to Yr 1
PD	Use a comfortable grip with good control	Develop a comfortable grip which shows good pencil and pen control	Hold pencil effectively- tripod grip	Table and chairs at appropriate heights	Sit correctly at a table, holding a pencil comfortably and correctly
	Show a preference for a dominant hand				
		Use core muscle strength to achieve good posture	Sit comfortably at a table to write- good posture	Correct pencils and grips to support grip- consider left handers	
		Develop the foundations of an appropriate handwriting style	Form letters accurately using the correct movements (shoulder pivot etc)	Adult intervention where necessary	

2- Use a range of small tools e.g. scissors paint brushes, cutlery

	3 & 4 year olds	Reception	ELG	Provisions	Link to Yr 1
PD	Use one handed tools and equipment	Develop small motor skills to use a range of tools competently	Using small tools	Appropriate tools and equipment- different sized paintbrushes, scissors, sticks, stampers, spreaders etc.	To use a range of materials creatively to design and make products
	Start to eat independently with a knife and fork				
				Funky fingers Dough	To develop a wide range of art and design techniques in using colour, pattern, texture, line, shape, form and space

3- Begin to show accuracy and care when drawing

	3 & 4 year olds	Reception	ELG	Provisions	Link to Yr 1
PD	Draw with increasing complexity and detail (EAD)	Draw with increasing complexity and detail- develop good techniques	Accuracy and care when drawing	Art station with materials to allow independent art Opportunities to practise art e.g. mud mark making to bring the skills back for pencil control	To use drawing, painting and sculpture to develop and share their ideas, experiences and imagination