

Seabridge Primary EYFS – Gross Motor Progression of Skills

3 & 4 year olds will be learning to:	Emerging	Expected
<ul style="list-style-type: none"> Continue to develop their own movement, balancing, riding (trikes, scooters, bikes) and ball skills 	<ul style="list-style-type: none"> I can walk, balance, jump I can begin to explore bikes, scooters, trikes 	<ul style="list-style-type: none"> I am a confident runner I can climb safely I can jump off apparatus safely I can ride a trike, bike, scooter, independently
<ul style="list-style-type: none"> Go up steps, stairs or climb up apparatus using alternative feet 	<ul style="list-style-type: none"> I am beginning to climb stairs with support – hand or banister 	<ul style="list-style-type: none"> I can climb stairs independently
<ul style="list-style-type: none"> Skip, hop, stand on one leg, hold a pose eg musical statues 	<ul style="list-style-type: none"> I am learning to skips with two legs I am beginning to hop, stand still, freeze when the music stops 	<ul style="list-style-type: none"> I can skip with two legs I can hop on one leg I can stand still, I can freeze.
<ul style="list-style-type: none"> Use large muscle movements to wave flags, scarves etc ,paint and make marks 	<ul style="list-style-type: none"> Beginning to make marks Beginning to use my arms to make big shapes with scarves etc 	<ul style="list-style-type: none"> I can make large shapes independently
<ul style="list-style-type: none"> Start taking part in group activities or in teams 	<ul style="list-style-type: none"> I am learning to play ring games I am learning to play parachute games 	<ul style="list-style-type: none"> I can initiate a ring game. I can ask to play a game I can play parachute games I can independently do an action rhyme
<ul style="list-style-type: none"> Increasingly able to use and remember sequences and patterns of movements related to music and rhythm 	<ul style="list-style-type: none"> Beginning to learn an action song Eg head, shoulders, knees and toes. 	<ul style="list-style-type: none"> I can easily follow an action song with instructions
<ul style="list-style-type: none"> Match their physical skills to tasks and activities eg decide if to crawl, walk, or run across a low beam 	<ul style="list-style-type: none"> I am beginning to move in a variety of ways I can attempt to cross a plank or beam with adult support 	<ul style="list-style-type: none"> I can move in a variety of ways eg crawl, run fast, roll, slide I can cross a beam with confidence.
<ul style="list-style-type: none"> 	<ul style="list-style-type: none"> 	<ul style="list-style-type: none">

Seabridge Primary EYFS – Gross Motor Progression of Skills

<ul style="list-style-type: none"> Choose the right resources to carry out a plan eg choose a spade to enlarge a hole Collaborate with others to manage large items to carry eg large wooden blocks 	<ul style="list-style-type: none"> Beginning to choose the correct equipment for a task and use safely Beginning to understand that other people can help me complete a challenge 	<ul style="list-style-type: none"> I can choose the right equipment for a challenge Choose the correct resources Ask others to help solve a challenge.
<ul style="list-style-type: none"> 		<ul style="list-style-type: none">
<ul style="list-style-type: none"> Be increasingly independent in meeting their own needs in self care : eg brushing teeth, using the toilet, washing and drying hands Making healthy choices about food, drink, activity and toothbrushing 	<ul style="list-style-type: none"> I am beginning to use the toilet independently I can wash my hands and dry them I am beginning to know what is healthy for me 	<ul style="list-style-type: none"> I am totally independent in toilet hygiene I can wash and dry my hands I can make healthy choices for myself consistently
<ul style="list-style-type: none"> OBSERVATION CHECKPOINT 	<ul style="list-style-type: none"> Learning to be healthy Learning that movement is important Beginning to understand about healthy bodies I am nearly toilet trained I am accessing the toilet with adult support 	<ul style="list-style-type: none"> I can choose healthy options I can tell you why I need to clean my teeth I can understand why I need to move my body I am toilet trained I am confident using the toilet I am dry during the day and night

Seabridge Primary EYFS – Gross Motor Progression of Skills

Reception will be learning to:	Emerging	Expected
<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 	<ul style="list-style-type: none"> I am beginning to move by rolling, crawling , walking , jumping , running ,hopping ,skipping, climbing 	<ul style="list-style-type: none"> I can confidently roll. I can confidently crawl. I am confident at walking - jumping - running - hopping - skipping, climbing
<ul style="list-style-type: none"> Progress towards a more fluent style of moving, with developing control and grace. 	<ul style="list-style-type: none"> I am learning to move confidently. I can do a physical challenge when instructed and extended by an adult. I am beginning to climb higher. I am beginning to jump farther. I am beginning to run faster. I am beginning to be still for more than one minute. 	<ul style="list-style-type: none"> I can move with confidence, control and grace. I can successfully complete a physical challenge. I can run faster. I can climb higher. I can challenge myself physically. I can be still and quiet.
<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. 	<ul style="list-style-type: none"> I can get out of breath easily. I am learning to spin within squiggle. I can see-saw. I can slide. I can move my full body during dance time. I am beginning to bounce on a space hopper. 	<ul style="list-style-type: none"> I know why I get out of breath. I move with coordination and balance – independently. I can move in a spiral dance. I can bounce on a space hopper and move fast.
<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. 	<ul style="list-style-type: none"> I can sit on the floor with my legs stretched out. I can sit on the floor with my legs bent underneath me. I am beginning to cross my legs 	<ul style="list-style-type: none"> I can sit on the floor with my legs crossed. I can sit with my arms folded. I can sit on a chair. I can sit at a table with my legs underneath the table. Combine different movements with ease and fluency. I can move around an obstacle course with adult support. I can jump over a line. I can confidently move around an obstacle course. I can jump into and out of a hoop. I can skip with a skipping rope, turned by an adult

Seabridge Primary EYFS – Gross Motor Progression of Skills

<ul style="list-style-type: none"> Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. Develop overall body-strength, balance, co-ordination and agility. 	<ul style="list-style-type: none"> I am beginning to use small apparatus outside. I am beginning to use large apparatus outside. I can use small world to role play. I can build with blocks. I can climb a slide steps. 	<ul style="list-style-type: none"> I can climb a slide steps. I can use balls correctly. I can manage a wheelbarrow. I can build a den. I can use a slide. I can roll a tyre. I can use the monkey bars.
<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. 	<ul style="list-style-type: none"> I am learning to: Throw a ball, Catch a ball, Kick a ball , Pass a ball . I can hold a bat. I am developing confidence of movement with balls. 	<ul style="list-style-type: none"> I can throw a ball. I can aim at something when I throw. I can catch a ball. I can kick a ball. I can kick a ball at a target. I can pass a ball. I can hold a bat to hit a ball. I am confident in my movement and handling of balls
<ul style="list-style-type: none"> Know and talk about the different factors that support their overall health and wellbeing: - regular physical activity - healthy eating - toothbrushing - sensible amounts of ‘screen time’ - having a good sleep routine - being a safe pedestrian. 	<ul style="list-style-type: none"> I can tell you about why I brush my teeth. I can tell you why I eat fruit. I can tell you why I hold an adult’s hand near the road. 	<ul style="list-style-type: none"> I hold an adult’s hand near the road. I can tell you about why raising my heart rate is good for me. I understand the five a day rule. I know lots of time on my device isn’t good for me. I understand the need for sleep. I understand how to cross the road safely.
<ul style="list-style-type: none"> Further develop the skills they need to manage the school day successfully lining up and queuing mealtimes personal hygiene 	<ul style="list-style-type: none"> I am beginning to line up without fuss when asked. I can tell when in the routine it is time for dinner. I know I need to wash my hands. 	<ul style="list-style-type: none"> I can line up and show you I’m ready. I can tell you our daily routine. I know when we eat snack. I know why I need to wash my hands and when.