



Road map to Progress EYFS – Gross Motor Skills

2-3 year old

AUTUMN

- Walk confidently around the environment.
- Climb onto and off low-level equipment.
- Push, pull and transport large objects.
- Begin to negotiate space around others.

SPRING

- Run with increasing confidence.
- Walk up and down steps with support.
- Begin to kick large balls.
- Balance briefly whilst standing still.

SUMMER

- Jump with two feet together.
- Throw large balls and beanbags.
- Balance for short periods.
- Begin riding balance bikes or trikes.

3-4 year old

AUTUMN

- Run with greater control and spatial awareness.
- Climb confidently on a range of equipment.
- Walk, run and stop safely.
- Throw and roll balls towards a target.

SPRING

- Jump from low heights safely.
- Begin hopping and balancing briefly on one foot.
- Catch larger balls and balloons.
- Move confidently around obstacles.

SUMMER

- Throw and catch with increasing accuracy.
- Demonstrate improved balance and coordination.
- Ride a trike or balance bike confidently.
- Change speed and direction while moving.



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Reception

AUTUMN

- Balance confidently on one leg.
- Travel in different ways with control and coordination.
- Jump and land safely.
- Catch, throw and kick with increasing accuracy.

SPRING

- Hop confidently on one foot.
- Move with increasing speed, agility and coordination.
- Balance in a variety of positions and shapes.
- Travel over, under and through equipment safely.

SUMMER

- Demonstrate strong balance, coordination and body control.
- Throw, catch and kick with accuracy and consistency.
- Combine movements smoothly and confidently.
- Complete physical challenges independently.