



Physical Development Knowledge and Skills Progression in Reception

	Pre-Reception Baselines At age 3-4	Autumn Term	Spring Term	Summer Term
Gross Motor Skills (PE, Art, PSHE)	Continue to develop their movement, balancing, riding (scooters, trikes and bikes) 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. Increasingly be 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 crawl, walk 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.	Further develop the skills they need to manage the school successfully: lining up and queuing, dressing and undressing for PE Moving safely in a space Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor. Revise and refine the fundamental movement skills they have already acquired: crawling, walking, running, hopping, skipping Progress towards a more fluent style of moving, with developing control and grace. Use large construction to build	Revise and refine the fundamental movement skills they have already acquired: rolling, climbing, jumping. Combine different movements with ease and fluency. Able to balance on and off equipment. Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. Develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting and aiming	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. Develop confidence, precision and accuracy when engaging in activities that involve a ball. ELG Gross Motor Skills Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.



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Fine Motor Skills <i>(English, Art, DT)</i>	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. 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.	Further develop the skills they need to manage the school ay successfully: mealtimes Is able to mould and shape playdough with fingers and tools. Representing objects using recognisable shapes when drawing. 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, spoons.	Attempts to use a tripod grip with some consistency. Uses scissors to cut around curved lines and more complex shapes, holding scissors in the correct position. Has developed dexterity for threading small items and manipulating small objects. Representing objects using basic shaped when drawing.	Develop the foundations of a hand writing style which is fast, accurate and efficient. Holds a pencil in a tripod grip. Uses a paintbrush with increasing control and intention <u>ELG Fine Motor Skills</u> 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, paintbrushes and cutlery. Begin to show accuracy and care when drawing
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