

Reception Physical Development Progression

	Gross Motor Skills	Fine Motor Skills	Health and Self-Care
Autumn	Revise and refine the fundamental movement skills they have already acquired (PE): <ul style="list-style-type: none"> - Rolling - Crawling - Walking - Jumping - Running - Hopping - Skipping - Climbing Progress towards a more fluent style of moving, with developing control and grace (PE) Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group (PE) Can climb over, under and through obstacles, e.g. climbing frame and large construction obstacle courses (PE) Use large construction to build (Continuous provision opportunities)	Develop their small motor skills so that they can use a range of tools competently, safely and confidently including, but not limited to, pencils for drawing and writing, paintbrushes, scissors, knives, forks, spoons Attempt to use a tripod grip with some consistency Often choose to draw, representing recognisable objects or shapes in work Use scissors to cut along curved lines, holding scissors in the correct position Be able to mould and shape clay and/or playdoh with fingers and tools	Be increasingly independent in meeting their own care needs. E.g. Brushing teeth, using the toilet, washing and drying their hands thoroughly Make healthy choices about food, drink, activity and tooth brushing (Healthy living)
Spring	Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor. Combine different movements with ease and fluency. Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting and aiming (PE) Able to balance on and off equipment (PE) Can jump safely from a piece of equipment (PE)	Develop the foundations of a hand writing style which is accurate and efficient. Hold a pencil in a tripod grip. Use scissors to cut around more complex shapes, e.g. split pin characters. Develop dexterity for threading small items and manipulating small objects.	Further develop the skills they need to manage the school day successfully: <ul style="list-style-type: none"> - Lining up and queuing - Mealtimes - Personal hygiene
Summer	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 and sport. Develop confidence, precision and accuracy when engaging in activities that involve a ball. <u>ELG Gross Motor Skills</u> Negotiate space and obstacles safely, with consideration for themselves and others. <u>ELG Gross Motor Skills</u> Demonstrate strength, balance and coordination when playing. <u>ELG Gross Motor Skills</u> Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.	<u>ELG Fine Motor Skills</u> Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases. <u>ELG Fine Motor Skills</u> Use a range of small tools, including scissors, paintbrushes and cutlery. <u>ELG Fine Motor Skills</u> Begin to show accuracy and care when drawing	Know and talk about the different factors that support their overall health and wellbeing: <ul style="list-style-type: none"> - Regular physical activity - Healthy heating - Tooth brushing - Sensible amounts of ‘screen time’ - Having a good sleep routine - Being a safe pedestrian No ELG relating to Health and Self-Care