


# PHYSICAL DEVELOPMENT

Early Years Curriculum Plan: Progression of Skills

To see topic lead learning, please refer to our  
Curriculum Mapping Webs

# By the time children finish in the EYFS, we want them...

- ▶ To be able to get changed for PE independently
  - ▶ To be able to throw and catch a ball
  - ▶ To be able to join a sequence of movements to perform a simple gymnastic or dance routine
  - ▶ To be able to say how to keep themselves healthy and happy
  - ▶ To hold a pencil using a tripod grip
  - ▶ To be able to use cutlery effectively
  - ▶ To be able to use scissors and other tools affectively
  - ▶ Form letters correctly
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# Autumn Term/ Term 1

## 2 to 3 Years-

Gradually gain control of their whole body through continual practice of large movements, such as waving, kicking, rolling, crawling and walking.

Sit on a push-along wheeled toy, use a scooter or a ride a tricycle.

Clap and stamp to music.

Enjoy starting to kick, throw and catch balls.

Show an increasing desire to be independent, such as wanting to feed themselves and dress or undress.

## Pre School-

Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.

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.

Start to eat independently and learning how to use a knife and fork.

Go up steps and stairs, or climb up apparatus, using alternate feet.

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.

## Reception-

Further develop the skills they need to manage the school day successfully: lining up and queuing, mealtimes, personal hygiene

Develop fine motor skills- holding pencil correctly, using scissors etc

Revise and refine the fundamental movement skills they have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping, climbing.

Develop fine motor skills- holding pencil correctly, using scissors etc

# Spring Term/ Term 2

## 2 to 3 Years-

Fit themselves into spaces, like tunnels, dens and large boxes, and move around in them.

Develop manipulation and control.

Build independently with a range of appropriate resources.

Explore different materials and tools

## Pre School-

Skip, hop, stand on one leg and hold a pose for a game like musical statues.

Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks.

Be increasingly independent in meeting their own care needs, e.g. brushing teeth, using the toilet, washing and drying their hands thoroughly

Use large-muscle movements to wave flags and streamers, paint and make marks.

Use one-handed tools and equipment, for example, making snips in paper with scissors.

Be increasingly independent as they get dressed and undressed, for example, putting coats on and doing up zips

## Reception-

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.

Develop fine motor skills

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.

# Summer Term/ Term 3

## 2 and 3 Years-

Walk, run, jump and climb – and start to use the stairs independently.

Use large and small motor skills to do things independently, for example manage buttons and zips and pour drinks.

Spin, roll and independently use ropes and swings (for example, tyre swings).

Learn to use the toilet with help, and then independently.

## Pre-School-

Start taking part in some group activities which they make up for themselves, or in teams.

Use a comfortable grip with good control when holding pens and pencils.

Show a preference for a dominant hand.

Are increasingly able to use and remember sequences and patterns of movements which are related to music and rhythm.

Make healthy choices about food, drink, activity and tooth brushing.

## Reception-

Combine different movements with ease and fluency

Develop the foundations of a handwriting style which is fast, accurate and efficient

Confidently and safely use a range of large and small apparatus indoors and outside and in a group.

# Early Learning Goal- Physical Development

## **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.

## **ELG: Fine Motor Skills**

- 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, paint brushes and cutlery;
- Begin to show accuracy and care when drawing.

# Physical Development: Next steps (Year 1 National Curriculum)

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- Participate in team games, developing simple tactics for attacking and defending
- Perform dances using simple movement patterns

(End of Key stage 1)