



EYFS Physical Development Progression

Linking to later learning...

English	PE	Art	Music	D&T	PSED	Computing
Physical Development provides the foundation for children's health, wellbeing, independence and learning. Through developing gross and fine motor skills, children gain the strength, coordination, control and resilience needed to access the Year 1 curriculum and participate successfully across all areas of learning.						



	Gross Motor	Fine Motor
RANGE 3 18-24 months	- I can walk confidently and begin to run. - I can climb and explore equipment on my own. - I can change direction and speed when I move. - I can kick, throw and chase balls.	- I can use small tools such as spoons, brushes and mark-making tools. - I can stack and build with increasing control and precision. - I can use my eyes and hands together during play. - I can make marks and lines with purpose.
RANGE 4 2 year olds (On Entry Nursery)	- I can move in different ways with increasing coordination and control. - I can jump, climb and balance with growing confidence. - I can move safely around people and obstacles. - I can keep going for longer when I am active and playing.	- I can hold mark-making tools with increasing control. - I can use both of my hands together during creative and construction activities. - I can turn pages, move small objects and complete simple puzzles. - I can thread, build and draw with increasing precision.
RANGE 5 3-4 year olds (Nursery)	- I can run, jump and climb with good coordination. - I can balance on equipment and change direction confidently. - I can join in with games that involve moving, throwing and catching. - I can keep myself safe and make sensible choices when I am being physically active.	- I can hold a pencil comfortably when I am drawing and writing. - I can use small tools and equipment with increasing accuracy. - I can use scissors, brushes and construction materials with control. - I can create recognisable shapes, patterns and detailed pictures and models.

RECEPTION AUTUMN	• I can move confidently in different ways with increasing control and coordination. • I can balance with increasing control when I am moving and when I stop. • I can throw, catch and kick equipment with growing accuracy. • I can follow rules and expectations during PE and outdoor play. • I can try new physical challenges when I am encouraged to do so.	• I can hold mark-making tools with increasing control and accuracy. • I can use scissors, brushes and other tools with growing confidence. • I can use my hands and fingers with increasing strength and dexterity. • I can add detail and precision to my drawings and creations. • I can manage fastenings and take care of my personal needs with increasing independence.
RECEPTION SPRING	• I can combine different movements when using apparatus, obstacle courses and playing games. • I can move with agility and control when changing speed and direction. • I can use my physical skills in team games and physical challenges. • I can identify simple risks and make safe choices on my own. • I can keep trying and show resilience when I am developing and refining my physical skills.	• I can hold a pencil using a tripod grip most of the time. • I can choose and use the right tools to help me achieve what I want to make or do. • I can use my fine motor skills effectively in different areas of my learning. • I can produce work that is increasingly controlled, accurate and detailed. • I can use my hand-eye coordination confidently during everyday tasks and routines.
RECEPTION SUMMER	• I can show strength, balance and coordination when I play. • I can move safely and confidently around spaces and obstacles. • I can use different movement skills in a range of situations. • I can move safely and think about my own safety and the safety of others. • I can move energetically by running, jumping, hopping, skipping, dancing and climbing.	• I can hold a pencil effectively for fluent writing, using a tripod grip in almost all cases. • I can use a range of small tools, including scissors, paintbrushes and cutlery. • I can draw and create with accuracy and care. • I can control tools and materials with precision and purpose. • I can coordinate my fine motor movements effectively when writing and carrying out self-care tasks.

Statutory ELGs Gross Motor	Statutory ELGs Fine Motor
Children at the expected level of development will:- 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.	Children at the expected level of development will:- 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.