



**Physical Development Progression of Skills and Knowledge**

Nursery and Pre-school	Reception	Year One
<p><b>Fine Motor Skills</b>  <u>I am learning to.....</u>            Isolate each of my fingers.            Build my finger strength.            Develop wrist stability and strength.            Develop a pincer grip.            Draw lines and circles.            Draw a simple representation of myself.            Use one handed tools.            Hold writing tools using a tripod grip.            Control writing tools using a tripod grip.            Copy some letter shapes.</p> <p><b>Gross Motor Skills</b>  <u>I am learning to.....</u>            Move in a range of ways.            Move around a space safely.            Develop my core strength to balance.            Build my upper body strength.            Cross the midline.            Draw large lines and circles using my whole arm.            Use both sides of my body to do the same thing at the same time.            Use both sides of my body to do the same thing alternately.            Throw and catch a variety of objects of different weights and sizes.            Kick a ball.</p>	<p><b>Fine Motor</b>  <u>I am learning to/ about....</u>            Control and manipulate different tools safely.            Handle equipment and writing tools.            Use anti-clockwise movements in my drawing and writing.            Retrace vertical lines in my drawing and writing.            Draw intersecting lines and simple.            Draw a representation of myself to include a head, body and limbs.            Consistently use a tripod grip to control writing tools.            Form recognisable letters.            Form my letters correctly</p> <p><b>Knowledge- I know.....</b>            I have fingers and thumbs and that they can each work separately.            My wrists and fingers need to be strong to manipulate small tools and objects.            Which fingers form a pincer grip.            Which fingers form a tripod grip.</p> <p><b>ELG- Children hold a pencil effectively in preparation for fluent writing - using the tripod grip in almost all cases. • Children use a range of small tools, including scissors, paint brushes and cutlery. • Children begin to show accuracy and care when drawing.</b></p> <p><b>Gross Motor</b>  <u>I am learning to/ about....</u>            Move in different ways in a coordinated.            Use my spatial awareness to avoid obstacles.            Travel around, under, over and through equipment.            Co-ordinate both sides of my body to do different things.</p>	<p><b>I am learning to....</b>            Move in a variety of ways in and out cones and obstacles.            Jump with both feet leaving floor.            Stop on command.            Sprint and run.            Hop, Skip without a rope.            Jump for height.            Balance on one foot.            Be able to balance on a piece of apparatus.            Side roll.            Climb.            Line walk.            Be able to throw and catch a large ball – over arm and under arm.            Roll a ball to an end target.            Kick a ball with increasing accuracy to an end target.            Dribble a ball.            Balance a ball on a racket.            Be able to participate in a game with an opposing side.            Be able to control a ball within a game setting.            Use hands to control a ball with increasing accuracy.            Be able to play a game following a set of rules.</p>



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Develop my hand eye coordination.  
Throw, catch and kick with accuracy.  
Build my strength and stamina.

### **Knowledge- I know.....**

Core strength helps me to balance and use my limbs independently.

Big muscles need to be strong to support the smaller muscles in my body.

Exercise will build my strength and stamina.

I have an imaginary line down the middle of my body, and I can cross over it with opposite hands and feet.

Crossing the midline helps both sides of my brain to connect.

Both sides of my body need to work together in a coordinated way.

I need to watch the ball when throwing, catching, and kicking.

Where my body is in relation to other people and objects.

**ELG Children negotiate space and obstacles safely, with consideration for themselves and others. • Children demonstrate strength, balance and co-ordination when playing. • Children move energetically, such as running, jumping, dancing, hopping, skipping and climbing**