



# Physical Development Skills Progression



Provision	Emerging - Nursery	Developing – Nursery/Year R	Extending - Year R	Bridge to KS1 – Year R	KS1 skills progression
<p><b>Gross Motor Key Skills</b></p>	<ul style="list-style-type: none"> <li>Gradually gain control of their whole body through continual practice of large movements, such as waving, kicking, rolling, crawling and walking.</li> <li>Walk, run, jump and climb – and start to use the stairs independently.</li> <li>Develop manipulation and control.</li> <li>Explore different materials and tools.</li> </ul>	<ul style="list-style-type: none"> <li>Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.</li> <li>Go up steps and stairs, or climb up apparatus, using alternate feet.</li> <li>Skip, hop, stand on one leg and hold a pose for a game like musical statues.</li> <li>Use large-muscle movements to wave flags and streamers, paint and make marks.</li> <li>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.</li> <li>Work with others to move objects safely such as wooden plank.</li> </ul>	<ul style="list-style-type: none"> <li>Revise and refine the fundamental movement skills they have already acquired:               <ul style="list-style-type: none"> <li>rolling</li> <li>crawling</li> <li>walking</li> <li>jumping</li> <li>running</li> <li>hopping</li> <li>skipping</li> <li>climbing</li> </ul> </li> <li>Develop overall body-strength, balance, co-ordination and agility.</li> <li>Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor.</li> </ul>	<ul style="list-style-type: none"> <li>To develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education.</li> <li>To use their core muscle strength to achieve a good posture.</li> <li>To negotiate space and obstacles safely, with consideration for themselves and others.</li> <li>To confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group</li> </ul>	
<p><b>Fine Motor Key Skills</b></p>	<ul style="list-style-type: none"> <li>Hold a pencil using a digital pronate grasp</li> <li>Begin to show a preference for a dominant hand.</li> </ul>	<ul style="list-style-type: none"> <li>Use one-handed tools and equipment, for example, making snips in paper with scissors.</li> <li>Use a comfortable grip with good control when holding pens and pencils. (start progressing towards a tripod grip)</li> <li>Show a preference for a dominant hand.</li> <li>Demonstrate growing independence putting on a coat and shoes, begin to do up zips and poppers</li> <li>Begin to use a knife and fork</li> </ul>	<ul style="list-style-type: none"> <li>Develop their small motor skills so that they can use a range of tools competently, safely and confidently. E.g. pencils for drawing and writing, paintbrushes, scissors, knives, forks and spoons.</li> <li>Begin to use a tripod grip.</li> <li>Develop the foundations of a handwriting style which is fast, accurate and efficient.</li> </ul>	<ul style="list-style-type: none"> <li>Hold a pencil using a tripod grip.</li> <li>Form letters correctly using the Little Wandle rhymes.</li> <li>Cutlery – use both knife and fork simultaneously</li> </ul>	



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<b>Games</b>	<ul style="list-style-type: none"> <li>Enjoy starting to kick, throw and catch balls.</li> </ul>	<ul style="list-style-type: none"> <li>Show control over the body to quickly stop and start movements when playing a game.</li> <li>Throw and catch a ball backwards and forwards with some accuracy</li> </ul>	<ul style="list-style-type: none"> <li>Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.</li> <li>Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</li> </ul>	<ul style="list-style-type: none"> <li>To develop awareness of space and the safety of other pupils.</li> <li>To introduce running and chasing games.</li> <li>To give experience of using a variety of games and equipment.</li> <li>To introduce and explore the skills of sending, receiving, and travelling with the ball.</li> </ul>	<ul style="list-style-type: none"> <li>To be confident and safe in space when playing games.</li> <li>To explore and use a range of skills individually and in teams</li> <li>To choose and use skills effectively for specific games.</li> <li>To be able to use a variety of equipment with increased confidence and skill.</li> <li>To be able to play games co-operatively and competitively.</li> </ul>
<b>Gymnastics</b>	<ul style="list-style-type: none"> <li>Enjoy practising large whole body movements</li> </ul>	<ul style="list-style-type: none"> <li>Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm. .</li> </ul>	<ul style="list-style-type: none"> <li>Progress towards a more fluent style of moving, with developing control and grace.</li> <li>To combine different movements with ease and fluency.</li> </ul>	<ul style="list-style-type: none"> <li>To introduce travelling actions on the floor and on simple apparatus.</li> <li>Move in a range of gymnastics ways.</li> <li>To explore the idea different body parts can support the body.</li> <li>Sit up, stand up and balance on various body parts.</li> <li>To develop the ability to stretch and curl and hold a shape or fixed position.</li> </ul>	<ul style="list-style-type: none"> <li>To develop awareness of space and of others travelling.</li> <li>To develop body management skills in travelling, balancing, jumping and landing.</li> <li>To link gymnastic actions together on the floor and low apparatus.</li> </ul>
<b>Dance</b>	<ul style="list-style-type: none"> <li>Clap and stamp to music</li> <li>Moves to music.</li> <li>Copies basic actions</li> </ul>	<ul style="list-style-type: none"> <li>Moves in response to music.</li> <li>Move their body to music and follow instructions to move to the music (gallop, slither etc)</li> <li>Make a choice about how to move across an object e.g. walk, hop, crawl across a plank or beam</li> </ul>	<ul style="list-style-type: none"> <li>Combine movements to music</li> <li>Explore and engage in dance, performing solo or in groups.</li> </ul>	<ul style="list-style-type: none"> <li>To introduce travel using a range of activities such as slithering shuffling rolling crawling walking running jumping skipping.</li> <li>Move freely with pleasure and confidence.</li> <li>Respond to rhythm music and story by means of gesture and movement.</li> <li>Use movement to express feelings.</li> </ul>	<ul style="list-style-type: none"> <li>To explore movement ideas and respond imaginatively to a range of stimuli.</li> <li>To move confidently and safely in their own space, using changes of speed, level and direction.</li> <li>To compose and link movement phrases to make simple dances with clear beginnings, middles and ends. To perform movement phrases using a range of body actions and body parts.</li> </ul>