

EYFS Physical Development Progression

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

Area of learning	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Gross motor skills	<p>To move safely within a given space</p> <p>To stop safely</p> <p>To begin to develop control when using equipment</p> <p>To follow a path to take turns.</p> <p>To show control when jumping, hopping and balancing on tiptoes and one foot.</p> <p>To develop core muscle strength to support a good sitting position.</p>	<p>To run, change direction and stop on a given signal.</p> <p>To move in a variety of ways with increasing control</p> <p>To begin to make shapes with their body.</p> <p>To travel using different body shapes.</p> <p>To create short sequences using shapes, balances and travelling movements.</p>	<p>To demonstrate control over their body when moving around the hall</p> <p>To create short sequences using shapes, balances and travelling movements.</p> <p>To developing rocking and rolling.</p> <p>To safely explore apparatus, balancing, travelling and jumping safely; around, over and through.</p>	<p>To move in time to a piece of music, following the rhythm and use counting to help keep in time.</p> <p>To copy and create actions in time to a piece of music.</p> <p>To communicate ideas through movement, demonstrating confidence and imagination.</p>	<p>To throw and catch a ball with a partner.</p> <p>To roll and track a ball.</p> <p>To dribble a ball using hands and then feet.</p> <p>To develop accuracy when throwing at a target.</p> <p>To understand the effects of exercise on their body</p>	<p>To play by rules given and develop co-ordination.</p> <p>To learn to play as a team.</p> <p>To learn to play against an opponent.</p> <p>To follow instructions safely and carefully when playing team games.</p>