# Physical Development Skills Progression in Reception

| | Autumn Term | Spring Term | Summer Term |
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| Gross Motor Skills | Revise and refine the fundamental movement skills they have already acquired:<br>- Rolling<br>- Crawling<br>- Walking<br>- Jumping<br>- Running<br>- Hopping<br>- Skipping<br>- Climbing<br><br>Progress towards a more fluent style of moving, with developing control and grace.<br><br>Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.<br><br>Can climb over, under and through obstacles, e.g. climbing frame and large construction obstacle courses.<br><br>Uses large construction to build. | Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor.<br><br>Combine different movements with ease and fluency.<br><br>Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting and aiming.<br><br>Able to balance on and off equipment.<br><br>Can jump safely from a piece of equipment. | Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.<br><br>Develop confidence, precision and accuracy when engaging in activities that involve a ball.<br><br>**ELG Gross Motor Skills**<br>Negotiate space and obstacles safely, with consideration for themselves and others.<br><br>**ELG Gross Motor Skills**<br>Demonstrate strength, balance and coordination when playing.<br><br>**ELG Gross Motor Skills**<br>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. |
| Fine Motor Skills | Develop their small motor skills so that they can use a range of tools competently, safely and confidently.<br>Suggested tools: pencils for drawing and writing, paintbrushes, scissors, knives, forks, spoons.<br>Attempts to use a tripod grip with some consistency.<br><br>Often chooses to draw, representing recognisable objects or shapes in work. | Develop the foundations of a hand writing style which is fast, accurate and efficient.<br><br>Holds a pencil in a tripod grip.<br><br>Uses scissors to cut around more complex shapes, e.g. split pin characters.<br><br>Has developed dexterity for threading small items and manipulating small objects. | **ELG Fine Motor Skills**<br>Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases.<br><br>**ELG Fine Motor Skills**<br>Use a range of small tools, including scissors, paintbrushes and cutlery.<br><br>**ELG Fine Motor Skills**<br>Begin to show accuracy and care when drawing |

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| | Use scissors to cut along curved lines, holding scissors in the correct position.<br><br>Is able to mould and shape clay with fingers and tools. | | |
| Health and Self=Care | Be increasingly independent in meeting their own care needs. E.g. Brushing teeth, using the toilet, washing and drying their hands thoroughly.<br><br>Make healthy choices about food, drink, activity and tooth brushing. | Further develop the skills they needs to manage the school day successfully:<br>- Lining up and queuing<br>- Mealtimes<br>- Personal; hygiene | Know and talk about the different factors that support their overall health and wellbeing:<br>- Regular physical activity<br>- Healthy heating<br>- Tooth brushing<br>- Sensible amounts of 'screen time'<br>- Having a good sleep routine<br>- Being a safe pedestrian<br><br>**No ELG relating to Health and Self-Care** |