



Progression of learning/skills in the area of Physical Development

Learning	Nursery skills	End of Autumn Term:	End of Spring Term	End of Summer Term	ELG	Essential Learning Skills / Prior to Year 1
<p>Gross motor skills</p> <p>PE Passport</p>	<p>Can demonstrate a range of physical skills such as balancing, riding, climbing and ball skills.</p> <p>Can put on own coat, shoes and apron.</p> <p>Walk and run with confidence avoiding obstacles Skip, hop and stand on one leg</p> <p>Build using outdoor equipment</p> <p>Go up steps and stairs, or climb up apparatus, using alternate feet.</p>	<p>To travel in a variety of ways. To adjust speed and direction to avoid obstacles. To show increasing control over an object pushing it To perform a variety of gymnastic rolls. To over arm throw for distance To throw under arm. To roll a ball. To jump and land appropriately. To climb up and down apparatus using alternate feet. To make a range of shapes on small body parts. To travel in a range of ways and negotiate space successfully.</p>	<p>To travel in a variety of ways. To adjust speed and direction to avoid obstacles. To show increasing control over an object pushing it. To perform a variety of gymnastic rolls. To over arm throw for distance To perform the basic skill of jumping To travel over, under and through balance and climbing equipment. To catch with increasing accuracy To experiment with different ways of moving. To use a range of small and large equipment To jump and land appropriately.</p>	<p>To jump for distance. To land appropriately. To hop on both feet To underarm throw for distance To climb with confidence under, over and through climbing equipment. To balance on small body parts. To travel on hands and feet To show increasing control over an object pushing and patting it. To revise fundamental movement skills covered in the unit</p>	<p>ELG 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</p>	<p>Show coordination, control and accuracy in their movements, engaging in whole class PE sessions</p> <p>Opportunities for physical activities that cross the midline that feed in to the drawing of shapes and letters</p>

	<p>Skip, hop, stand on one leg and hold a pose for a game like musical statues.</p> <p>Use large-muscle movements to wave flags and streamers, paint and make marks</p>					
Fine motor skills	<p>Can use fine motor skills with good control to make marks and use tools in play.</p> <p>Use one-handed tools and equipment, for example, making snips in paper with scissors.</p> <p>Use a comfortable grip with good control when holding pens and pencils.</p> <p>Show a preference for a dominant hand.</p>	<p>Writing tools - Hold a pencil using tripod/modified tripod grip (can be using a pencil grip) ' -Understand how to sit at the table and the position to get into for 'good writing' -Apply pressure to the paper -Show a preference for a dominant hand -Form recognisable letters (all/most) -Understand how to sit at the table and the position to get into for 'good writing' - Understand how to hold scissors safely -Safely move holding a pair of scissors -Make snips in paper -Cut along a straight line Hold a paintbrush using correct grip -Begin to paint within a shape -Make basic shapes with a paint brush e.g. circles and lines Sticking -Hold a glue stick and use it safely and competently</p>	<p>-Form all/most letters accurately, beginning to position on a line accurately -Draw with increasing care and detail -Cut along straight, waved and zig zag lines -Cut around shapes that have straight lines -Cut around round shapes -Take more care with painting within a shape -Begin to paint other shapes - Hold and use a glue spreader competently -Begin to use a knife to cut up own food -Join construction pieces together -Thread smaller objects through thick string -Create balls and sausage shapes with playdough -Develop coordination, care and precision when using a variety of tools and techniques</p>	<p>-Position most letters accurately on a line (ascenders and descenders) -Develop a neat handwriting style that can be read by self and others -Draw objects, people and living things with increasing detail -Colour with care using colour for purpose -Develop precision and care when cutting -Use a paintbrush with increased care and precision -Paint recognisable shapes that represent e.g. a butterfly -Join pieces together using a glue stick, spreaders and sellotape -Thread thick string through a shape Join multiple construction pieces together to make a model -Continue to develop coordination, care and precision when using a variety of tools and techniques</p>	<p>ELG Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases</p> <p>Use a range of small tools, including scissors, paint brushes and cutlery</p> <p>Begin to show accuracy and care when drawing</p>	<p>Fine Motor: Cut independently with a good level of accuracy</p> <p>Trace a simple pattern Know that letters can be grouped in different ways e.g. round, zig zag, straight, curly etc.</p> <p>Show accuracy and care when drawing and colouring</p>

	Be increasingly independent as they get dressed and undressed, for example, putting coats on and doing up zips.					
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