The Federation of Snape Community and Thornton Watlass CE Primary Schools
Physical Development - Skills Progression

Physical Development – Gross Motor Skills			
Nursery	**Reception Autumn Term**	**Reception Spring Term**	**Reception Summer Term**
• Continue to develop their movement, balancing, riding and ball skills. • Go up steps and stairs, or climb up apparatus, using alternate feet. • Skip, hop, stand on one leg and hold a pose for a game like musical statues. Use large-muscle movements to wave flags and streamers, paint and make marks. • Start taking part in some group activities which they make up for themselves, or in teams. Increasingly be able to use and remember. • sequences and patterns of movements which are related to music and rhythm.	• Revise and refine the fundamental movement skills they have already acquired: • Rolling - Crawling - Walking - Jumping - Running - Hopping - Skipping – Climbing Progress towards a more fluent style of moving, with developing control and grace. • Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.	• Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor. • Combine different movements with ease and fluency. • Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting and aiming.	• 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. • Develop confidence, precision and accuracy when engaging in activities that involve a ball. • 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.
Physical Development - Fine Motor Skills			
Nursery	**Reception Autumn Term**	**Reception Spring Term**	**Reception Summer Term**
• Use one-handed tools and equipment, for example, making snips in paper with scissors. • Use a comfortable grip with good control when holding pens and pencils. Show a preference for a dominant hand. • Be increasingly independent as they get dressed and undressed, for example, putting coats on and doing up zips.	• Develop their small motor skills so that they can use a range of tools competently, safely and confidently. Suggested tools: pencils for drawing and writing, paintbrushes, scissors, knives, forks, spoons.	• Develop the foundations of a handwriting style which is fast, accurate and efficient.	• 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, paintbrushes and cutlery. • Begin to show accuracy and care when drawing.