

## Physical Development

	Gross motor skills	Fine motor skills
Nursery	<p>Is continuing to develop his/her movement; balancing, riding (scooters, trikes and bikes) and ball skills</p> <p>Goes up steps and stairs, or climbs up apparatus, using alternate feet</p> <p>Skips, hops, stands on one leg and can hold a pose for a game like musical statues</p> <p>Uses large-muscle movements to wave flags and streamers, paint and make marks</p> <p>Is starting to take part in some group activities which he/she makes up for himself/herself, or in teams</p> <p>Is increasingly able to use and remember sequences and patterns of movements which are related to music and rhythm</p> <p>Matches his/her developing physical skills to tasks and activities in the setting, e.g. he/she decides whether to crawl, walk or run across a plank, depending on its length and width</p>	<p>Uses one-handed tools and equipment, e.g. making snips in paper with scissors</p> <p>Uses a comfortable grip with good control when holding pens and pencils</p> <p>Shows a preference for a dominant hand</p> <p>Is increasingly independent as he/she gets dressed and undressed, e.g. putting his/her coat on and doing up zips</p>

	<p>Chooses the right resources to carry out his/her own plan, e.g. choosing a spade to enlarge a small hole he/she dug with a trowel</p> <p>Collaborates with others to manage large items, such as moving a long plank safely, carrying large hollow blocks</p>	
Reception	<p>Is revising and refining the fundamental movement skills he/she has already acquired; rolling</p> <p>Is revising and refining the fundamental movement skills he/she has already acquired; crawling</p> <p>Is revising and refining the fundamental movement skills he/she has already acquired; walking</p> <p>Is revising and refining the fundamental movement skills he/she has already acquired; jumping</p> <p>Is revising and refining the fundamental movement skills he/she has already acquired; running</p> <p>Is revising and refining the fundamental movement skills he/she has already acquired; hopping</p> <p>Is revising and refining the fundamental movement skills he/she has already acquired; skipping</p> <p>Is revising and refining the fundamental movement skills he/she has already acquired; climbing</p> <p>Is progressing towards a more fluent style of moving, with developing control and grace</p>	<p>Is developing the foundations of a handwriting style which is fast, accurate and efficient</p> <p>Is developing his/her small motor skills so that he/she can use a range of tools competently, safely and confidently, e.g. pencils for drawing and writing, paintbrushes, scissors, knives, forks and spoons</p> <p>Is beginning to show accuracy and care when drawing (ELG)</p> <p>Holds a pencil effectively in preparation for fluent writing - using the tripod grip in almost all cases (ELG)</p> <p>Uses a range of small tools, including scissors, paint brushes and cutlery (ELG)</p>

	<p>Is developing the overall body strength, co-ordination, balance and agility needed to engage successfully with future PE sessions and other physical disciplines including dance, gymnastics, sport and swimming</p> <p>Uses his/her core muscle strength to achieve a good posture when sitting at a table or sitting on the floor</p> <p>Is able to combine different movements with ease and fluency</p> <p>Confidently and safely uses a range of large and small apparatus indoors and outside, alone and in a group</p> <p>Is developing overall body-strength, balance, co-ordination and agility</p> <p>Is further developing and refining a range of ball skills including: throwing, catching, kicking, passing, batting and aiming</p> <p>Is developing confidence, competence, precision and accuracy when engaging in activities that involve a ball</p> <p>Is further developing the skills he/she needs to manage the school day successfully; lining up and queuing</p> <p>Is further developing the skills he/she needs to manage the school day successfully; mealtimes</p>	
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	<p>Demonstrates strength, balance and coordination when playing (ELG)</p> <p>Moves energetically, such as running, jumping, dancing, hopping, skipping and climbing (ELG)</p> <p>Is able to negotiate space and obstacles safely, with consideration for himself/herself and others (ELG)</p>	
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