

EYFS Physical Development Curriculum Progression Overview

Physical activity is vital in children’s all-round development, enabling them to pursue happy, healthy and active lives.				
Gross Motor Skills		Fine Motor Control		
Statutory Framework Sept 2021	Development of Strength, Coordination and Positional Awareness Core strength, stability, balance, spatial awareness, coordination, agility (indoors and outdoors)	Development of Healthy Bodies and Social and Emotional Well-Being	Fine Motor Control and Precision Hand-eye coordination (linked to early literacy)	Proficiency, control and confidence Using small tools, small world activities, puzzles and arts/crafts
Nursery Curriculum	<ul style="list-style-type: none"> Children can clap or stamp sometimes to music Begin to develop core muscles to sit Develop balance in games Develop the ability to pause on command Crawl, jump and run more accurately Children attempt to pour their own drinks taking care not to spill 	<ul style="list-style-type: none"> 	<ul style="list-style-type: none"> Children improve their pencil skills by tracing and following a line 	<ul style="list-style-type: none"> Pick up and refine ways of collecting very small apparatus using index finger and thumb To hold a scissors correctly to make snips in paper Children improve their dexterity by manipulating puzzles using rotation Build strength in hands and feet to make precise movements
Nursery Curriculum Endpoints	<ul style="list-style-type: none"> Children are able to balance on one leg Children are able to use stairs without support using alternate feet Children can match their movement to the task (crawling through a tunnel) Children can ride a scooter Children can bounce and catch a ball Children are able to kick or throw a ball towards a target 	<ul style="list-style-type: none"> Children are able to use the toilet appropriately 	<ul style="list-style-type: none"> Children are able to turn pages carefully Children are able to show a dominant hand to make marks, some resembling letter sounds Children attempt to write their name 	<ul style="list-style-type: none"> Children are able to fasten some buttons and zips Children are able to cut long and short snips

EYFS Physical Development Curriculum Progression Overview

Reception Curriculum	<ul style="list-style-type: none"> • Develop confidence and precision when hitting, kicking and throwing a ball • Develop stamina to sit in a correct posture • Show an awareness of others when hitting a ball • Become competent in hopping, skipping and jumping games 	<ul style="list-style-type: none"> • Develop an awareness of others when standing or queuing 	<ul style="list-style-type: none"> • Develop a good, comfortable tripod grip for writing 	<ul style="list-style-type: none"> • Understand how to hold a knife, scissors and pencil properly • Become confident threading and weaving • Follow sequences in finger songs with some degree of accuracy
Reception Curriculum Endpoints	<ul style="list-style-type: none"> • Children will be able to sit using good posture • Children will be able to aim carefully and pass or throw towards a goal • Children will be able to hop on one foot • Children will be able to skip 	<ul style="list-style-type: none"> • Children will be able to queue up carefully without collisions • Children will be able to run into a space safely being mindful of others 	<ul style="list-style-type: none"> • Children will be able to colour within lines accurately • Children will be able to form most letters of the alphabet correctly 	<ul style="list-style-type: none"> • Children will be able to eat with a knife and fork • Children will be able to use the 'bridge' hold to slice foods • Children will be able to use a scissors to cut along straight and curved lines • Children will be able to thread using smaller apparatus
Early Learning Goals	<p>ELG: Gross Motor Skills</p> <ul style="list-style-type: none"> • 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>ELG: Fine Motor Skills</p> <ul style="list-style-type: none"> • Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases. • Begin to show accuracy and care when drawing. • Use a range of small tools, including scissors, paint brushes and cutlery. 	