

Woodside Primary School

Reception

Progression of Physical development skills

Development matters	Early learning goals
<p>Revise and refine the fundamental movement skills they have already acquired: - rolling - crawling - walking - jumping - running - hopping - skipping - climbing</p> <ul style="list-style-type: none">• Progress towards a more fluent style of moving, with developing control and grace.• 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 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 and spoons.• 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.• Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.• Develop overall body-strength, balance, co-ordination and agility.• Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.• Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.• Develop the foundations of a handwriting style which is fast, accurate and efficient.• Further develop the skills they need to manage the school day successfully: - lining up and queuing - mealtimes	<p>Gross motor</p> <p>Negotiate space and obstacles safely, with consideration for themselves and others.</p> <ul style="list-style-type: none">• Demonstrate strength, balance and coordination when playing.• Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. <p>Fine motor</p> <p>Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases.</p> <ul style="list-style-type: none">• Use a range of small tools, including scissors, paintbrushes and cutlery.• Begin to show accuracy and care when drawing

Below shows the progression of skills that build towards the Physical Development Early Learning Goals.

Gross Motor Skills							
Entry point	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Early learning goal
<p>To use large movements.</p> <p>To imitates bilateral movements of arms and legs.</p> <p>To jump and land on two feet.</p> <p>Grasp and release with two hands.</p> <p>Walks along a chalk line.</p> <p>Use core muscle strength to achieve good posture when sitting.</p>	<p>To move safely into a space.</p> <p>To roll a ball towards a target.</p> <p>To move forwards, backwards and sideways.</p> <p>Shows a preference for a dominant hand, leg or foot.</p>	<p>To hop on one leg for 3-5 jumps.</p> <p>To hold a balance.</p> <p>To catch a large ball with extended arms.</p> <p>To safely pick up, carry and put down larger equipment.</p> <p>Demonstrate control on a balance bike.</p>	<p>To roll and track a ball.</p> <p>To develop accuracy when throwing to a target.</p> <p>To throw and catch a large ball with a partner.</p> <p>To kick a ball to a target.</p> <p>To move in a range of ways, for example; skip, hop.</p>	<p>To create short sequences using shapes, balances and travelling actions.</p> <p>To jump and land safely from a height.</p> <p>To move around obstacles and negotiate space.</p> <p>Throw a ball underarm.</p> <p>Catch a tennis ball with two hands.</p>	<p>To move with control and co-ordination.</p> <p>To express ideas through movement.</p> <p>To kick a ball at a target.</p>	<p>Use a bat to hit a ball.</p> <p>To develop accuracy when throwing.</p> <p>Move balls confidently in different ways, such as rolling, hitting, kicking and bouncing.</p>	<p>Negotiate space and obstacles safely, with consideration for themselves and others.</p> <p>Demonstrate strength, balance and coordination when playing.</p> <p>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>

Fine Motor Skills							
Entry point	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Early learning goal
<p>To hold a fork and spoon correctly.</p> <p>To mark make using different shapes.</p>	<p>To use a dominant hand.</p> <p>To begin to use a tripod grip when</p>	<p>To begin to use anticlockwise movement and retrace vertical lines..</p>	<p>To hold scissors correctly and cut along a curved line.</p>	<p>To write letters using the correct letter formation and control the size of letters.</p>	<p>To paint using thinner paintbrushes.</p>	<p>To hold scissors correctly and cut various materials.</p>	<p>Hold a pencil effectively in preparations for fluent writing- using the tripod grip in almost all cases.</p>

<p>To thread large beads.</p> <p>To use large pegs.</p> <p>To pour with control using two hands.</p>	<p>using mark making tools.</p> <p>To use tweezers to transfer objects.</p> <p>To begin to copy letters.</p> <p>To hold scissors correctly and create snips in paper.</p>	<p>To hold scissors correctly and cut along a straight and zigzagged lines.</p> <p>To use a tripod grip when using mark making tools.</p> <p>To accurately draw lines, circles and shapes to draw pictures.</p> <p>To write taught letters using correct formation.</p>	<p>To thread small beads.</p> <p>To use small pegs.</p> <p>To write taught letters using correct formation.</p> <p>Able to dress and undress independently, including fastening and unfastening buttons and unzipping a zip</p>	<p>To independently use a knife, fork and spoon to eat a range of meals</p>	<p>Use a knife and fork effectively.</p> <p>Use a pencil and holds it effectively to form recognisable letters, most of which are correctly formed.</p>	<p>To create drawings with details.</p>	<p>Use a range of small tools including scissors, paintbrushes and cutlery. Begin to show accuracy and care when drawing.</p>
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Stages of pencil grip.

