

Woodseaves CE Primary Academy EYFS Physical Development Progression

Early Learning Goals			
Gross Motor Skills		Fine Motor Skills	
<ul style="list-style-type: none"> <li>Negotiate space and obstacles safely, with consideration for themselves and others.</li> <li>Demonstrate strength, balance and co-ordination.</li> <li>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</li> </ul>		<ul style="list-style-type: none"> <li>Hold a pencil effectively in preparation for writing (nearly always a tripod grip).</li> <li>Use a range of small tools e.g. scissors, paint brushes, cutlery.</li> <li>Begin to show accuracy and care when drawing.</li> </ul>	
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<b>Gross Motor</b>	<p>I can work with others to manage large items. Explore space and how to use space safely. Explore travelling movements, shapes and balances. Begin to count in time to music. Copy and repeat actions. Begin to understand how to travel around space and obstacles safely. Begin to hold balances for a short period of time. Begin to use apparatus safely. Work cooperatively and learn to take turns. Begin to throw and push a ball. Begin to catch larger balls and items. Kick a ball. Begin to follow simple instructions. Begin to develop partner work skills.</p>	<p>I understand say ways to manage large equipment. I can use lots of different ways of moving and travelling appropriately Rolling, crawling, walking, jumping, running, hopping, skipping, climbing. Copy and repeat a short sequence of actions. Move with increasing control and awareness of space. Develop body strength and co-ordination. Safely negotiate space. Work safely and develop running and stopping. Develop throwing and learn how to keep score. Work with others to play team games. Roll a ball to a target. Stop a rolling ball. Develop accuracy when throwing to a target. Dribble with hands. Develop throwing and catching with a partner. Begin to communicate simple instructions.</p>	<p>Handle equipment effectively. Move confidently in a range of ways. Show good control and co-ordination in small and large movements. Copy, repeat and remember a sequence of actions. Travel around space and obstacles safely. Show strength, balance and co-ordination in movement. Control combinations of movements with fluency and ease. Play games showing an understanding of the different roles within it. Follow instructions and move safely when playing tagging games. Bounce and catch a ball. Develop rolling and tracking a ball. Develop dribbling a ball with feet. Begin to understand the purpose of a map</p>
<b>Fine Motor</b>	<p>I can move and rotate my wrists independently. I can move and rotate my arms independently. I have developed my upper arm and shoulder strength. I can crawl, tummy crawl, pull myself up on a rope. I show a preference for a dominant hand with a comfortable pencil grip I can draw a picture with lines and circles.</p>	<p>I can show good pencil control when mark making and drawing I can use cutlery and other one handed equipment including paintbrushes, knives, forks and spoons. Letters: r, b, n, h, m, k, p Letters: v, w, x, z More complex letters: f, j, y Digits 0-9</p>	<p>I can use my core muscle strength to have good posture when sitting at a table to write I can hold a pencil in a tripod grip I can use scissors I can use a range of tools e.g. scissors I can draw and write with accuracy and control using a pencil. Consolidation of letter formation of lower case letters</p>

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	<p>Focus on mark making and developing fine motor skills through a range of activities, such as 'Dough Disco'</p> <p>Teaching the correct seating position</p> <p>Pencil Grip</p> <p>Tracing patterns.</p> <p>Letters: c, a, o, d, g, q, e, s,</p> <p>Letters: l, i, t, u,</p> <p>Learn to write name (copy)</p>	<p>Write name independently using the correctly formed lower case letters with a capital at the beginning.</p>	<p>Letters: c, a, o, d, g, q, e, s,</p> <p>Letters: l, i, t, u,</p> <p>Letters: r, b, n, h, m, k,</p> <p>Letters: v, w, x, z</p> <p>More complex letters: f, j, y Use and apply in writing activities</p> <p>oe, re, ve, we</p>
<p><b>Health and wellbeing</b></p>	<p>I can wash my hands after I have been to the toilet.</p> <p>I can wash my hands before I have something to eat.</p>	<p>I can make healthy eating choices independently.</p> <p>I can talk about why we need to be healthy.</p> <p>I can line up in a sensible manner to move around the school in the correct way.</p>	<p>I can talk about and understand why we need to brush our teeth.</p> <p>I can successfully brush my teeth for 2 minutes independently.</p> <p>I can make the correct choices with how long I spend looking at a screen and talk about my reasons.</p> <p>I can understand what I need to be a good pedestrian and keep safe on the roads.</p> <p>I can talk about how and why I need to sleep. I can talk about the factors that happen when I do not get enough sleep.</p>