

FSU PHYSICAL DEVELOPMENT - PROGRESSION OF SKILLS

PHYSICAL DEVELOPMENT	AUTUMN		SPRING		SUMMER	
	NURSERY	RECEPTION	NURSERY	RECEPTION	NURSERY	RECEPTION
Gross Motor Skills	<ul style="list-style-type: none"> • I can move around people/objects without bumping into things. • I can move in a different way e.g. rolling, crawling, climbing. • I understand different actions have elements of risk. • I can paint and mark make using my whole body movements. • I can jump off an object. • I can pull down my clothing to get changed/go to the toilet. 	<ul style="list-style-type: none"> • I am happy to demonstrate some moves in front of an audience. • I can use wheeled vehicles safely and negotiate obstacles. • I can catch and throw a large ball. • I can follow a simple routine during music and movement sessions • I can confidently negotiate the outdoor provision. 	<ul style="list-style-type: none"> • Climb steps with alternative feet. • I can climb into tunnels of different sizes. • Before carrying out a large physical movement, I notice big risks. • I am willing to use the bikes/scooters on flat surface. • I can change independently some of my clothes. 	<ul style="list-style-type: none"> • I know how to sit with good posture on the floor or table to complete an activity. • I can catch and throw a medium sized ball. • I can jump over an object landing with both feet. • I can create a simple routine, • I can confidently climb under and over branches and negotiate tricky terrain. 	<ul style="list-style-type: none"> • I can climb to the top of the climbing frame with confidence. • When taking part in big physical movements, I check for risk and adjust my behaviour. • If I hurt myself I am resilient and can seek help if appropriate. • I know I can pedal/scoot with confidence and consideration for others. • I can climb trees without help. 	<ul style="list-style-type: none"> • I can negotiate space and obstacles safely with curriculum for myself and others. • I can balance and walk along a beam, using my arms to balance. • I can participate in a game of hop scotch. • I know how to stand appropriately in a line.

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	NURSERY	RECEPTION	NURSERY	RECEPTION	NURSERY	RECEPTION
Fine Motor Skills	<ul style="list-style-type: none"> • I can feel myself with a spoon. • I can manipulate clay or dough to make something. • I mark make with an intent. • I can pick up a range of loose parts and manipulate them into desired positions. 	<ul style="list-style-type: none"> • I can use a range of mark making resources to draw confidently. • I know that tools have to be used safely. • I can use scissors to cut along a line, mostly accurately. • I can weave with ribbon or wool, following a simple in and out pattern. • I can write my name and form some letters that are important to me. 	<ul style="list-style-type: none"> • I can stab my food to pick up. • I know there are some rules to follow with equipment. • I have a dominant hand. • I know how to attach materials to other materials. • I know how to make snips with scissors. 	<ul style="list-style-type: none"> • I can hammer a nail into a piece of wood independently and safely. • I know how to correctly form 10 letters and some numbers. • I can use scissors to cut out a shape. • I can stay within the lines when shading in an area I have drawn. 	<ul style="list-style-type: none"> • I can evaluate and select the correct tool for a desired outcome. e.g size of paintbrush tools for clay. • I can eat independently at the table. • I know how to use one handed tools such as hammers. • I know some of the letters in my name and have a go at writing it. • I enjoy manipulating different materials eg. pinching/pulling/stretching. 	<ul style="list-style-type: none"> • I can use a range of small tools independently correctly holding a knife and fork. • I know how to use a pen holding a tripod grip. • I know how to show accuracy when drawing. • I know how to form most letters correctly. • I can use scissors to cut out a shape or picture with increasing accuracy.