



## EYFS Physical Development Progression of Skills

<b>ELG: Gross Motor Skills</b>				
<b>1 - Negotiate space and obstacles safely, with consideration for themselves and others</b>				
	2-3 years	3 and 4 year olds	Reception	ELG
PD	Start to use stairs independently Build independently with a variety of resources Independently use ropes and swings	Go upstairs and steps or climb using alternate feet Collaborate with others to manage large items	Confidently use a range of small and large equipment and obstacles	Negotiate space and obstacles
		Discussion over safety with children	Discuss need for rules and how to remain safe	Show understanding of safety precautions
<b>2 - Demonstrate strength, balance and co-ordination</b>				
	2-3 years	3 and 4 year olds	Reception	ELG
PD	Fit into spaces e.g. Dens and large boxes	Match lasts to activities	Core muscles for good posture Overall body skills Movement fluency	Strength Balance Co-ordination
	Gradually gain control of their own body through practice of large scale movements	Use large movements e.g. Streamers etc (shoulder pivot)		

### 3 - Move energetically, such as running, jumping, dancing, hopping, skipping and climbing

	2-3 years	3 and 4 year olds	Reception	ELG
PD	Sit on and push along wheeled toy Use a scooter or ride a tricycle	Develop movement including use of bikes, scooters etc.	Revise and use fundamental movement skills; roll, crawl, walk, jump, run, hop, skip, climb	Different movement styles - hopping, skipping, jumping, climbing, dancing, running
	Walk, run, jump and climb Spin and roll	Skip, hop, stand on one leg - games		
	Start to kick, throw and catch balls	Ball skills	Ball skills, throwing, catching, kicking, passing, patting etc.	

### ELG: Fine Motor Skills

#### 1 - Hold a pencil effectively in preparation for writing (nearly always tripod grip)

	2-3 years	3 and 4 year olds	Reception	ELG
PD	Explore different materials and tools  Develop manipulation and control	Use a comfortable grip with good control	Develop a comfortable grip which shows good pencil and pen control	Hold pencil effectively - tripod grip
		Show a preference for a dominant hand		
			Use core muscle strength to achieve good posture	Sit comfortably at a table to write - good posture
			Develop the foundations of an appropriate handwriting style	Form letters accurately using the correct movements (shoulder pivot etc.)

**2 - Use a range of small tools e.g. Scissors, paint brushes, cutlery**

	2-3 years	3 and 4 year olds	Reception	ELG
PD	Explore different materials and tools	Use one handed tools and equipment	Develop small motor skills to use a range of tools competently	Use small tools
	Use large and small motor skills to do things independently e.g. buttons	Start to eat independently with a knife and fork		

**3 - Manage own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices**

	2-3 years	3 and 4 year olds	Reception	ELG
PD	Explore different materials and tools Develop manipulation and control	Draw with increasing complexity and detail (EAD)	Draw with increasing complexity and detail - develop good techniques	Accuracy and care when drawing