

Progression of skills

EYFS

Physical Development

Gross Motor Development

Balance

	<u>3-4 Years</u>	<u>Reception</u>	<u>ELG</u>
Static Balance	Stand on one foot for a short time.	Balance with increasing control in a range of activities.	Demonstrate good balance when playing and moving.
Dynamic Balance	Balance whilst walking, running and climbing.	Balance whilst changing direction and speed.	Demonstrate balance confidently across a range of movements.
Balancing Equipment	Explore balancing on low-level equipment.	Use balancing apparatus safely and confidently.	Apply balance skills successfully during physical activities.

Coordination

	<u>3-4 Years</u>	<u>Reception</u>	<u>ELG</u>
Whole Body Coordination	Coordinate movements during play.	Combine movements with increasing control and fluency.	Demonstrate strength, balance and coordination consistently.
Crossing the Midline	Use both sides of the body during play.	Develop coordinated movements across the body.	Demonstrate coordinated movement patterns confidently.
Multi-Step Movement	Follow simple movement instructions.	Combine several movements into a sequence.	Perform movement sequences with control and confidence.



Locomotion

	<u>3-4 Years</u>	<u>Reception</u>	<u>ELG</u>
Walking	Walk confidently around the environment.	Walk with increasing control and awareness of space.	Move safely and confidently in a range of situations.
Running	Run with increasing speed and control.	Change speed and direction when running.	Move energetically and safely.
Jumping	Jump from low heights and over small obstacles.	Jump with increasing control and coordination.	Demonstrate confident jumping skills during physical activity.
Hopping	Hop on one foot with support.	Hop confidently on either foot.	Use hopping effectively during physical activities.
Skipping	Begin attempting skipping movements.	Skip with increasing fluency and rhythm.	Demonstrate coordinated skipping movements.

Climbing

	<u>3-4 Years</u>	<u>Reception</u>	<u>ELG</u>
Stairs	Use alternate feet on stairs.	Move confidently on stairs and steps.	Demonstrate coordinated climbing skills.
Apparatus	Explore climbing equipment safely.	Climb confidently on a range of apparatus.	Negotiate climbing equipment safely and effectively.
Risk Awareness	Begin to recognise simple risks.	Make sensible choices when climbing.	Demonstrate awareness of safety when moving.

Spatial Awareness

	<u>3-4 Years</u>	<u>Reception</u>	<u>ELG</u>
Personal Space	Move around others with support.	Negotiate space successfully during play.	Negotiate space and obstacles safely with consideration for others.
Direction	Follow simple directional instructions.	Change direction with increasing control.	Move confidently in response to instructions and changing environments.
Awareness of Others	Notice other children in the environment.	Adjust movements to avoid collisions.	Demonstrate strong spatial awareness during activities.

Ball Skills

	<u>3-4 Years</u>	<u>Reception</u>	<u>ELG</u>
Rolling	Roll balls towards targets or others.	Control direction and speed when rolling.	Apply rolling skills confidently during games.
Throwing	Throw large balls with increasing control.	Throw accurately towards targets.	Demonstrate precision and accuracy when throwing.
Catching	Catch large balls with support.	Catch a range of balls with increasing success.	Catch confidently and consistently.
Kicking	Kick stationary balls.	Kick balls with increasing accuracy and control.	Demonstrate controlled kicking skills.
Aiming	Aim objects during play.	Develop aiming skills through games and challenges.	Show confidence, competence and precision when aiming.

Dance and Movement

	<u>3-4 Years</u>	<u>Reception</u>	<u>ELG</u>
Responding to Music	Move freely to music.	Respond creatively to music and rhythm.	Move appropriately in time to music.
Movement Patterns	Copy simple actions.	Repeat and refine movement sequences.	Perform movement patterns confidently.
Expressive Movement	Use movement to represent ideas and feelings.	Create movements linked to stories and music.	Demonstrate expressive movement during performance.

Physical Confidence

	<u>3-4 Years</u>	<u>Reception</u>	<u>ELG</u>
Participation	Join physical activities willingly.	Participate confidently in PE and outdoor play.	Demonstrate confidence across a range of physical activities.
Challenge	Attempt new physical tasks with support.	Seek new physical challenges.	Approach physical challenges confidently and independently.

Fine Motor Development

Hand Strength

	<u>3-4 Years</u>	<u>Reception</u>	<u>ELG</u>
Grip Strength	Manipulate playdough and construction materials.	Use tools requiring greater hand strength.	Demonstrate sufficient hand strength for writing and tool use.
Hand Muscles	Develop strength through practical play activities.	Strengthen muscles through targeted fine motor activities.	Use hands effectively for a range of precise tasks.

Finger Dexterity

	<u>3-4 Years</u>	<u>Reception</u>	<u>ELG</u>
Manipulation	Pick up and manipulate small objects.	Use fingers with increasing precision.	Demonstrate accurate finger control.
Precision	Complete simple threading and construction tasks.	Complete detailed fine motor activities.	Show precision in a range of fine motor tasks.

Tool Use

	<u>3-4 Years</u>	<u>Reception</u>	<u>ELG</u>
One-Handed Tools	Use scissors, paintbrushes and simple tools with support.	Use tools safely and confidently.	Use a range of tools competently and safely.
Purposeful Tool Selection	Select tools during play.	Choose appropriate tools for tasks.	Select tools independently and effectively.

Scissor Skills

	<u>3-4 Years</u>	<u>Reception</u>	<u>ELG</u>
Snipping	Make simple snips in paper.	Cut along straight and curved lines. Use scissors accurately and safely.	
Control	Open and close scissors with support. Cut with increasing precision.	Demonstrate good control when cutting.	

Pencil Grip and Control

	<u>3-4 Years</u>	<u>Reception</u>	<u>ELG</u>
Holding Writing Tools	Hold pencils and crayons with increasing control.	Develop a comfortable tripod grip.	Hold a pencil effectively using a tripod grip in almost all cases.
Pencil Control	Make marks and simple shapes.	Use controlled marks and patterns.	Show care and precision when drawing and writing.

Letter Formation

	<u>3-4 Years</u>	<u>Reception</u>	<u>ELG</u>
Early Formation	Form some recognisable letters.	Form lower-case and capital letters correctly.	Write recognisable letters, most correctly formed.
Directionality	Begin to understand movement patterns for letters.	Use correct letter formation consistently.	Apply correct formation in independent writing.

Hand-Eye Coordination

	<u>3-4 Years</u>	<u>Reception</u>	<u>ELG</u>
Coordination	Complete puzzles, threading and construction tasks.	Demonstrate increasing precision when using tools.	Apply strong hand-eye coordination across learning.
Accuracy	Place objects with increasing accuracy.	Complete detailed tasks successfully.	Demonstrate accuracy during practical activities.

Self-Care Skills

	<u>3-4 Years</u>	<u>Reception</u>	<u>ELG</u>
Dressing	Put on coats and simple clothing with support.	Manage zips, buttons and fastenings.	Dress and undress independently.
Toileting	Become increasingly independent in toileting routines.	Manage toileting independently.	Manage personal hygiene independently.
Hygiene	Wash and dry hands with support.	Follow hygiene routines independently.	Demonstrate secure personal hygiene habits.

Posture and Core Strength

	<u>3-4 Years</u>	<u>Reception</u>	<u>ELG</u>
Sitting Posture	Sit appropriately for short activities.	Maintain good posture during table-top learning.	Use core strength to maintain posture for learning and writing.
Stability	Develop body control through climbing and balancing.	Demonstrate increased stability during physical activities.	Show strong body control and stability.