

## EYFS Physical Development Curriculum Progression Overview

Physical activity is vital in children’s all-round development, enabling them to pursue happy, healthy and active lives.

	Gross Motor Skills		Fine Motor Control	
	<b>Development of Strength, Coordination and Positional Awareness</b> Core strength, stability, balance, spatial awareness, coordination, agility (indoors and outdoors)	<b>Development of Healthy Bodies and Social and Emotional Well-Being</b>	<b>Fine Motor Control and Precision</b> Hand-eye coordination (linked to early literacy)	<b>Proficiency, control and confidence</b> Using small tools, small world activities, puzzles and arts/crafts
Nursery Curriculum	<ul style="list-style-type: none"> <li>Children can clap or stamp sometimes to music</li> <li>Begin to develop core muscles to sit</li> <li>Develop balance in games</li> <li>Develop the ability to pause on command</li> <li>Crawl, jump and run more accurately</li> <li>Children attempt to pour their own drinks taking care not to spill</li> </ul>	•	<ul style="list-style-type: none"> <li>Children improve their pencil skills by tracing and following a line</li> </ul>	<ul style="list-style-type: none"> <li>Pick up and refine ways of collecting very small apparatus using index finger and thumb</li> <li>To hold a scissors correctly to make snips in paper</li> <li>Children improve their dexterity by manipulating puzzles using rotation</li> <li>Build strength in hands and feet to make precise movements</li> </ul>

Nursery Curriculum Endpoints	<ul style="list-style-type: none"> <li>• Children are able to balance on one leg</li> <li>• Children are able to use stairs without support using alternate feet</li> <li>• Children can match their movement to the task (crawling through a tunnel)</li> <li>• Children can ride a scooter</li> <li>• Children can bounce and catch a ball</li> <li>• Children are able to kick or throw a ball towards a target</li> </ul>	<ul style="list-style-type: none"> <li>• Children are able to use the toilet appropriately</li> </ul>	<ul style="list-style-type: none"> <li>• Children are able to turn pages carefully</li> <li>• Children are able to show a dominant hand to make marks, some resembling letter sounds</li> <li>• Children attempt to write their name</li> </ul>	<ul style="list-style-type: none"> <li>• Children are able to fasten some buttons and zips</li> <li>• Children are able to cut long and short snips</li> </ul>
---------------------------------	---	---	---	--

### EYFS Physical Development Curriculum Progression Overview

Reception Curriculum	<ul style="list-style-type: none"> <li>• Develop confidence and precision when hitting, kicking and throwing a ball</li> <li>• Develop stamina to sit in a correct posture</li> <li>• Show an awareness of others when hitting a ball</li> <li>• Become competent in hopping, skipping and jumping games</li> </ul>	<ul style="list-style-type: none"> <li>• Develop an awareness of others when standing or queuing</li> </ul>	<ul style="list-style-type: none"> <li>• Develop a good, comfortable tripod grip for writing</li> </ul>	<ul style="list-style-type: none"> <li>• Understand how to hold a knife, scissors and pencil properly</li> <li>• Become confident threading and weaving</li> <li>• Follow sequences in finger songs with some degree of accuracy</li> </ul>
Reception Curriculum Endpoints	<ul style="list-style-type: none"> <li>• Children will be able to sit using good posture</li> <li>• Children will be able to aim carefully and pass or throw towards a goal</li> <li>• Children will be able to hop on one foot</li> <li>• Children will be able to skip</li> </ul>	<ul style="list-style-type: none"> <li>• Children will be able to queue up carefully without collisions</li> <li>• Children will be able to run into a space safely being mindful of others</li> </ul>	<ul style="list-style-type: none"> <li>• Children will be able to colour within lines accurately</li> <li>• Children will be able to form most letters of the alphabet correctly</li> </ul>	<ul style="list-style-type: none"> <li>• Children will be able to eat with a knife and fork</li> <li>• Children will be able to use the 'bridge; hold to slice foods</li> <li>• Children will be able to use a scissors to cut along straight and curved lines</li> <li>• Children will be able to thread using smaller apparatus</li> </ul>

<b>Early Learning Goals</b>	<b>ELG: Gross Motor Skills</b> <ul style="list-style-type: none"><li>• Negotiate space and obstacles safely, with consideration for themselves and others.</li><li>• Demonstrate strength, balance and coordination when playing.</li><li>• Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</li></ul>	<b>ELG: Fine Motor Skills</b> <ul style="list-style-type: none"><li>• Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases.</li><li>• Begin to show accuracy and care when drawing.</li><li>• Use a range of small tools, including scissors, paint brushes and cutlery.</li></ul>
-----------------------------	--	---