



North Ferriby CE Primary School – EYFS Progression of Skills

Physical Development

<p>Our Vision for Physical – Our children to be agile, coordinated, dancers, gymnasts and be able to participate in sporting activities with skill and precision. They will be able to use careful, precise smaller movements when using tools.</p>	
<p>Milestone 1 <u>Agility and Coordination – Control and Precision of Movement</u> Children can walk forwards, backwards and sideways negotiating space. Children can run skillfully adjusting speed and direction.</p> <p><u>Jumping</u> Children can complete a 2 footed jump up and down, moving forwards, backwards and sideward. Children explore hopping in a variety of ways; in different directions, at different speeds and different levels.</p> <p><u>Throwing and Catching</u> Children can roll a ball to a partner and up and down a wall. Children can bounce, catch and throw using scarves, balloons, bean bags and a variety of different sized sponge balls. Children can drop a ball into a target. Children can underarm and overarm throw to a target. Children can stop a moving ball with their hands. Children will know what the role of a defender is in a team game.</p> <p><u>Climbing</u> Children can step onto and off objects (bench, mat). Children can climb up and down stairs, one foot on each step.</p> <p><u>Balancing</u> Children can stand momentarily on one foot, with one foot rested on a stool, then, with the stool removed. Children can stand on one foot and catch something. Children balance walking along a line on the ground, forwards, backwards and sideward. This can be done balancing something on their head and carrying something.</p> <p><u>Fine Motor</u></p>	<p>Please see Gross and Fine Motor skills document for more detailed activities during continuous provision and challenge time.</p> <p>Please see 'Complete PE' long term plan for weekly physical education lesson content.</p> <p>Children will have access to the outside areas to allow for gross scaled movements within continuous provision as well as accessing the challenges set.</p> <p>Children take part in the 'Mini London Marathon', practicing running skills as well as building up stamina.</p>

<p>Children can squeeze whole hand, squeezing individual fingers to thumbs, moving items from one place to another, squeezing with manipulatives, stretch, tear, twist, screw and turn.</p> <p>Children can use wrist mobility exercises for strength.</p> <p><u>Fine Motor Tool Skills</u></p> <p>Children can snip edges of paper, cartridge paper and thin card.</p> <p>Children can use scissors safely.</p> <p>Children know which hands they hold a knife and fork in.</p> <p>Children hold a pencil, crayon, paint brush and playdough tools with a 4 finger grip.</p>	
<p>Milestone 2</p> <p><u>Agility and Coordination – Control and Precision of Movement</u></p> <p>Children can skip, side step, monkey walk, bunny hop, hop, jump, stride and tip-toe negotiating space.</p> <p><u>Gymnastics</u></p> <p>Children can move their bodies and balanced shapes in different shapes.</p> <p>Children can jump onto, off and over an object and land safely.</p> <p><u>Balancing</u></p> <p>Children can walk along a small height such as a beam, forwards, backwards and sideward.</p> <p>Children can walk along a small beam, turn around and carry on, balancing something on their head and carrying something.</p> <p>Children can use stepping stones.</p> <p><u>Climbing</u></p> <p>Children can climb onto equipment with bars across using legs to push, then using upper body strength.</p> <p>Children can exit equipment by turning themselves around and lowering themselves.</p> <p><u>Dancing</u></p> <p>Children can walk and skip with rhythm, using equipment such as ribbon and scarves, stopping when instructed.</p> <p>Children can express different actions through movements.</p> <p>Children can move with varying tempos – fast and slow.</p> <p><u>Fine Motor Tool Skills</u></p> <p>Children can cut, using the pivot, along a straight line, wavy line and around a shape, holding the paper in the other hand.</p> <p>Children hold scissors with their thumb at the top, index finger and middle finger in bottom hole, tucking their elbow in.</p> <p>Children hold their knife and fork in chosen hands, holding the handle in the palm of their hand, index finger spread down the knife and fork.</p> <p>Children hold a pencil, crayon, paint brush and playdough tools</p>	

with a static tripod grip.	
<p>Milestone 3</p> <p><u>Kicking</u></p> <p>Children can kick a ball and run after it.</p> <p>Children can kick a ball towards a target and then a partner.</p> <p>Children can dribble, keeping the ball near their feet.</p> <p>Children can dribble a ball negotiating objects and then defenders.</p> <p>Children can dribble a ball adjusting their speed and direction.</p> <p>Children can play by basic rules, explaining the rules to others.</p> <p><u>Fine Motor Tool Skills</u></p> <p>Children hold scissors thumb at the top, index finger in bottom hole, elbow tucked in.</p> <p>Children can stab food with their fork and use a sawing action to cut with their knife.</p> <p>Children hold a pencil, crayon, paint brush and playdough tools with a dynamic tripod grip to control with accuracy.</p>	<p>Children use these skills during participation in Sports Day during the summer term.</p>
<p><u>Early Learning Goals</u></p> <p>Gross Motor Skills</p> <p>Negotiate space and obstacles safely, with consideration for themselves and others.</p> <p>Demonstrate strength, balance and coordination when playing.</p> <p>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p> <p>Fine Motor Skills</p> <p>Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases.</p> <p>Use a range of small tools, including scissors, paint brushes and cutlery.</p> <p>Begin to show accuracy and care when drawing.</p>	