

## Physical Development Skills Progression

PD – Gross Motor Skills				
2 Year Olds	Pre-School	Rec Autumn Term	Rec Spring Term	Rec Summer Term
<p>Change position with independence – standing to squatting.</p> <p>Sits up from a lying position.</p> <p>Runs on whole foot.</p> <p>Jumps up in the air and both feet leave the floor.</p> <p>Moves to music.</p>	<p>Continue to develop their movement, balancing, riding and ball skills. Go up steps and stairs, or climb up apparatus, using alternate feet.</p> <p>Skip, hop, stand on one leg and hold a pose for a game like musical statues. Use large-muscle movements to wave flags and streamers, paint and make marks. Start taking part in some group activities which they make up for themselves, or in teams. Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm.</p>	<p>Revise and refine the fundamental movement skills they have already acquired: - Rolling - Crawling - Walking - Jumping - Running - Hopping - Skipping – Climbing Progress towards a more fluent style of moving, with developing control and grace. Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.</p>	<p>Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor.</p> <p>Combine different movements with ease and fluency.</p> <p>Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting and aiming.</p>	<p>Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.</p> <p>Develop confidence, precision and accuracy when engaging in activities that involve a ball.</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>
<b>SEND Provision:</b>	<p>Ensure pupils have access to extra resources/interventions to develop gross motor skills</p> <p>Support during adult led sessions to develop gross motor skills Pictorial prompts to support with gross motor movements</p>			

PD – Fine Motor Skills				
2 Year Old	Pre-School	Rec Autumn Term	Rec Spring Term	Rec Summer Term
<p>Hands to begin to operate independently, each hand doing something different.</p> <p>Hold crayons etc and understand the relationship between their movement and the marks.</p> <p>Hold mark makings tools between thumb and all fingers.</p> <p>Show increasing control when manipulating tools and objects e.g jugs for pouring, shaking instruments.</p> <p>Turn pages in a book, several at a time.</p>	<p>Use one-handed tools and equipment, for example, making snips in paper with scissors.</p> <p>Use a comfortable grip with good control when holding pens and pencils. Show a preference for a dominant hand.</p> <p>Be increasingly independent as they get dressed and undressed, for example, putting coats on and doing up zips.</p>	<p>Develop their small motor skills so that they can use a range of tools competently, safely and confidently. Suggested tools: pencils for drawing and writing, paintbrushes, scissors, knives, forks, spoons.</p>	<p>Develop the foundations of a hand writing style which is fast, accurate and efficient.</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, paintbrushes and cutlery. Begin to show accuracy and care when drawing.</p>
<b>SEND Provision:</b>	<p>Pencil grips</p> <p>Suitable tools to support development of fine motor skills</p> <p>Ensure pupils have access to fine motor skills interventions to develop fine motor skills</p> <p>Targeted fine motor activities during welcome time.</p>			

