



**Physical development Term Progression Overview**

**Check Point 1 – October (Baseline)**

**Check Point 2- December**

**Check Point 3- March**

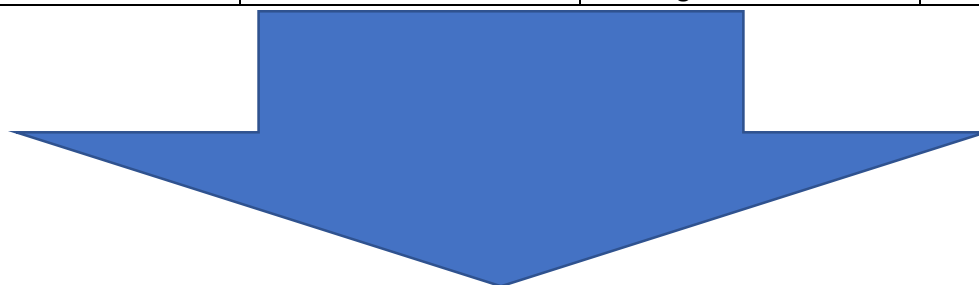
**Check Point 4- May**

**Check Point 5 ELG - June**

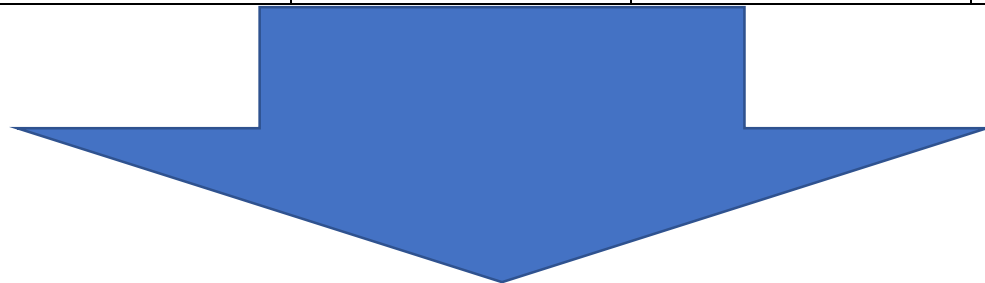
<b>Gross motor skills</b>	<b>Riding a bike</b>	<b>Balancing</b>	<b>Ball Skills</b>	<b>Jumping</b>	<b>Climbing</b>
<p><b>Pre School On Track Check Point 1</b></p> <ul style="list-style-type: none"> <li>➤ Can walk backwards and sideways</li> <li>➤ Choose appropriate tools for a task e.g. a spade to dig</li> <li>➤ Collaborate with others to manage large objects</li> <li>➤ Uses large-muscle movements to wave flags and streamers, paint and make marks.</li> <li>➤ Runs with awareness and space of others</li> <li>➤ Matches their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width.</li> <li>➤ Take weight on hands and knees, tummy down, like a table.</li> <li>➤ Can lift up one foot or hand at the same time.</li> <li>➤ Stands on a floor marker on two feet, bends down and picks up an object from the floor</li> </ul>	<ul style="list-style-type: none"> <li>➤ Can 'walk' a balance bike</li> <li>➤ Can use feet to scoot a balance bike and maintain balance</li> <li>➤ Can maintain balance while manoeuvring around corners</li> <li>➤ Can pedal a tricycle</li> </ul>	<ul style="list-style-type: none"> <li>➤ Stands on tiptoes</li> <li>➤ Goes up steps and stairs, or climb up apparatus, using alternate feet.</li> <li>➤ Beginning to maintain balance</li> <li>➤ Stands on one foot for 2 seconds</li> <li>➤ Walks along a chalk line</li> <li>➤ Squats to play</li> <li>➤ Walks along a low, wide balance beam, sometimes needing to balance against an adult</li> <li>➤ Hops and skips</li> </ul>	<ul style="list-style-type: none"> <li>➤ Begins to throw ball overhand</li> <li>➤ Catches a ball by chasing- does not necessarily respond to aerial ball</li> <li>➤ Uses foot to tap static ball a small distance</li> <li>➤ Throws ball underhand</li> <li>➤ Bounces a large ball</li> <li>➤ Beginning to catch a bean bag or large ball</li> <li>➤ Kicks ball with one foot while swinging opposite arm</li> <li>➤ Directly kicks to knock down a tower</li> <li>➤ Walks towards and kicks a ball</li> </ul>	<ul style="list-style-type: none"> <li>➤ Jumps off a low object with both feet off the ground</li> <li>➤ Jumps over a small stationary object</li> <li>➤ Jumps forward, taking off and landing on 2 feet</li> <li>➤ Jumps with 2 feet moving along a line on the floor</li> </ul>	<ul style="list-style-type: none"> <li>➤ Goes up steps and stairs placing both feet on one step at a time</li> <li>➤ Climbs up apparatus, using two feet</li> <li>➤ Climbs above their own head height</li> </ul>



<p><b>On Track Check Point 2</b></p> <p><b>Gross Motor Skills</b></p> <ul style="list-style-type: none"> <li>➤ Progresses towards a more fluent style of moving, with developing control and grace.</li> <li>➤ Hangs on a bar using two hands</li> <li>➤ Uses core muscle strength to sit up straight at a table</li> <li>➤ Can hop and march</li> </ul>	<p><b>Riding a bike</b></p> <ul style="list-style-type: none"> <li>➤ Pedals and maintains balance for a few feet down a slight incline</li> <li>➤ Can use a balance bike</li> </ul>	<p><b>Balancing</b></p> <ul style="list-style-type: none"> <li>➤ Walks along a low, wide balance beam independently</li> <li>➤ Holds a controlled static balance on one leg</li> </ul>	<p><b>Ball Skills</b></p> <ul style="list-style-type: none"> <li>➤ Throws ball forward 10ft in the air and use appropriate technique, such as moving arms up and back using upper trunk rotation, with arms and legs moving in opposition.</li> <li>➤ Catches a large ball between extended arms</li> <li>➤ Catches a large ball by bringing hands in towards chest</li> <li>➤ Bounces and catch a large ball using 2 hands</li> <li>➤ Walks towards and kick a ball towards a target</li> </ul>	<p><b>Jumping</b></p> <ul style="list-style-type: none"> <li>➤ Jumps forward, taking off and landing on 2 feet, showing increasing control</li> <li>➤ Hops on one foot 3 to 5 times</li> </ul>	<p><b>Climbing</b></p> <ul style="list-style-type: none"> <li>➤ Climbs upstairs using alternative feet</li> <li>➤ Climbs up apparatus using two feet</li> </ul>
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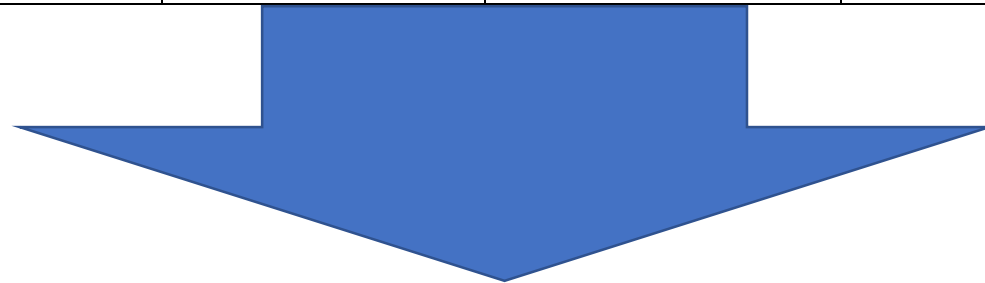


<p><b>On Track Check Point 3</b> <b>Gross Motor Skills</b></p> <ul style="list-style-type: none"><li>➤ Moves around obstacles</li><li>➤ Can move in different ways such as skip and gallop</li></ul>	<p><b>On Track Check Point 3</b> <b>Riding a bike</b></p> <ul style="list-style-type: none"><li>➤ Pedals and maintain balance for a few feet on a flat surface</li><li>➤ Can break at a specific point with control</li></ul>	<p><b>On Track Check Point 3</b> <b>Balancing</b></p> <ul style="list-style-type: none"><li>➤ Walks along a low narrow balance beam</li></ul>	<p><b>On Track Check Point 3</b> <b>Ball Skills</b></p> <ul style="list-style-type: none"><li>➤ Throws tennis ball using trunk rotation and opposing arm/leg movements.</li><li>➤ Catches a tennis ball using only hands</li><li>➤ Bounces a tennis ball on the floor and catch with two hands</li><li>➤ Runs towards and kick a ball</li><li>➤ Coordinates body to meet and kick a ball that is rolled to them from a distance</li></ul>	<p><b>On Track Check Point 3</b> <b>Jumping</b></p> <ul style="list-style-type: none"><li>➤ Jumps and turn in the air</li><li>➤ Hops up to 10 times on alternate feet</li></ul>	<p><b>On Track Check Point 3</b> <b>Climbing</b></p> <ul style="list-style-type: none"><li>➤ Performs different movements on a climbing frame, such as swinging</li></ul>
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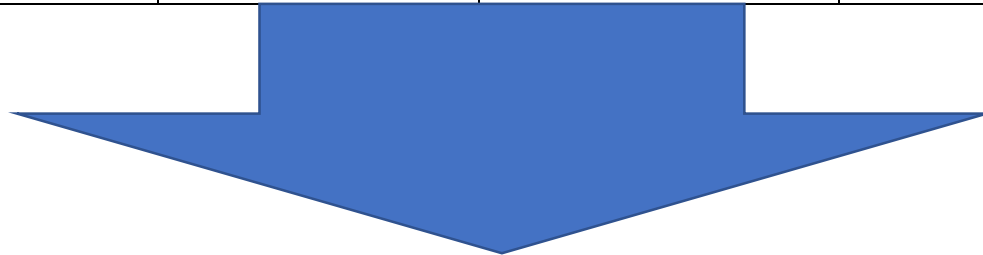
<p><b>On Track Check Point 4</b> <b>Gross Motor Skills</b></p> <ul style="list-style-type: none"> <li>➤ Can gauge where a moving obstacle may be and move themselves appropriately before reaching it</li> </ul>	<p><b>Riding a bike</b></p> <ul style="list-style-type: none"> <li>➤ Follows at a sensible distance behind another rider</li> <li>➤ Pedals and maintain balance while manoeuvring around obstacles</li> <li>➤ Follows a path set by another rider</li> </ul>	<p><b>Balancing</b></p> <ul style="list-style-type: none"> <li>➤ Balances on an unstable surface with increasing control</li> </ul>	<p><b>Ball Skills</b></p> <ul style="list-style-type: none"> <li>➤ Can usually hit a target from 12ft away using an overhand toss</li> <li>➤ Throws with accuracy</li> <li>➤ Bounces a tennis ball on the floor and catch in one hand</li> </ul>	<p><b>Jumping</b></p> <ul style="list-style-type: none"> <li>➤ Skips rhythmically</li> </ul>	<p><b>Climbing</b></p> <ul style="list-style-type: none"> <li>➤ Confidently moves across the woodchip obstacle course</li> </ul>
<p><b>Check Point 5 ELG:</b> Negotiate space and obstacles safely, with consideration for themselves and others.</p>	<p>Negotiate space and obstacles safely, with consideration for themselves and others.</p>	<p>Balances on an unstable surface with increasing control. Demonstrate strength, balance and co-ordination.</p>	<p>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>		

Fine motor skills					
Fine Motor	Pencil and brush control	Scissor Skills	Cutlery Skills	Drawing Skills	Dressing
<p><b>Pre School On Track Check Point 1</b></p> <ul style="list-style-type: none"> <li>➤ Can thread large beads onto a lace.</li> <li>➤ Builds a tower with six or more blocks.</li> <li>➤ Enjoys floor play with bricks, boxes, trains, cars and small world figures.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Holds mark making tools with thumb and all fingers</li> <li>➤ Creates lines and circles pivoting from the shoulder and elbow</li> <li>➤ Manipulates a range of tools and equipment in one hand</li> <li>➤ Shows preference for a dominant hand</li> <li>➤ Paints with crayon or paint, often covering the whole page</li> </ul>	<ul style="list-style-type: none"> <li>➤ Holds scissors, often with both hands, learning to open and close the blades</li> <li>➤ Opens/closes blades (not ready to use them on paper yet)</li> <li>➤ Starts snipping paper (not moving forward with the scissors but making small snips)</li> <li>➤ Pivots from shoulder and elbow</li> </ul>	<ul style="list-style-type: none"> <li>➤ Uses a spoon effectively</li> <li>➤ Uses a fork to stab food</li> <li>➤ Spoon cereal from container to dish with little spilling</li> <li>➤ Beginning to use a knife to cut soft food like bananas and strawberries, using two hands</li> </ul>	<ul style="list-style-type: none"> <li>➤ Uses a variety of drawing tools to mark make with some control</li> <li>➤ Draws in different directions</li> <li>➤ Can copy a circle.</li> <li>➤ Draws faces with features and draws enclosed spaces, giving meaning</li> <li>➤ Uses lines and shapes</li> <li>➤ Makes simple representations of events, people, animals and objects</li> </ul>	<ul style="list-style-type: none"> <li>➤ Increasingly independent in getting dressed e.g. putting on coats</li> </ul>

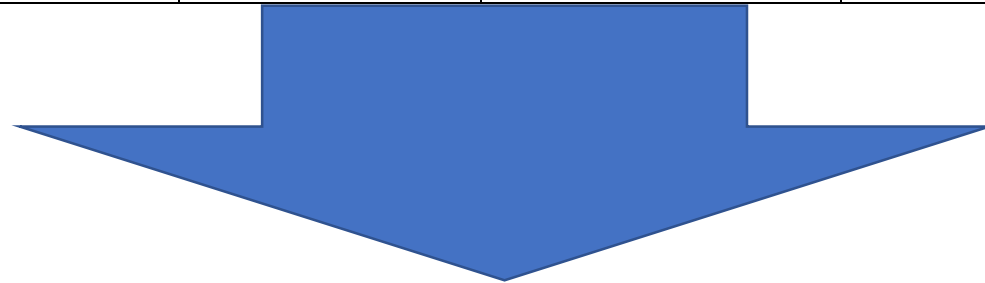


**Fine motor skills**

Fine Motor	Pencil and brush control	Scissor Skills	Cutlery Skills	Drawing Skills	Dressing
<p><b>On Track Check Point 2</b></p> <ul style="list-style-type: none"> <li>➤ Threads small beads onto a lace.</li> <li>➤ Builds a tower of ten or more bricks.</li> <li>➤ Can build with other construction toys.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Draws a house.</li> <li>➤ Copies the capital letters O, V and H.</li> <li>➤ Uses a dominant hand</li> <li>➤ May mark make in palmer grip</li> <li>➤ Mark makes in different directions</li> <li>➤ Makes repeated marks on paper</li> <li>➤ Mark makes left to right</li> <li>➤ Imitates simple marks such as lines</li> <li>➤ Imitates shapes that use multiple movements such as x</li> <li>➤ Start to move towards tripod grip</li> </ul>	<ul style="list-style-type: none"> <li>➤ Snips paper moving forward</li> <li>➤ Uses helping hand to hold and help to guide the paper (non-dominant hand)</li> <li>➤ Cuts curved line (a 1/4inch curved line, within 1/4inch from the line drawn)</li> </ul>	<ul style="list-style-type: none"> <li>➤ Uses a knife to cut soft food like bananas and strawberries holding the knife correctly, using one hand</li> </ul>	<ul style="list-style-type: none"> <li>➤ Draws potato people (no neck or body)</li> <li>➤ Demonstrates more control</li> <li>➤ Draws with detail (bodies with sausage limbs and additional features)</li> <li>➤ Draws bodies of an appropriate size for what they're drawing</li> </ul>	<ul style="list-style-type: none"> <li>➤ Is beginning to fasten buttons and zips with some support.</li> </ul>



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Fine Motor	Pencil and brush control	Scissor Skills	Cutlery Skills	Drawing Skills	Dressing
<p><b>On Track Check Point 3</b></p> <ul style="list-style-type: none"> <li>➤ Beginning to become more confident to cut food with a knife and fork</li> </ul>	<ul style="list-style-type: none"> <li>➤ Use core muscle strength to achieve good posture</li> <li>➤ Holds and uses a pencil confidently</li> <li>➤ Copies the capital letters V, T, H, O, X, L, A, C, U and Y</li> <li>➤ Uses brushes, crayons and pencils with control</li> <li>➤ Uses tools to make things.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Cuts circle shape</li> <li>➤ Cuts square shape</li> </ul>	<ul style="list-style-type: none"> <li>➤ Can spread using a knife</li> <li>➤ Cuts a variety of foods, holding the knife correctly, using one hand to steady the food</li> </ul>	<ul style="list-style-type: none"> <li>➤ Draws objects and creatures in proportion to each other (e.g. elephant is bigger than a dog)</li> <li>➤ Spends a sustained amount of time on one product.</li> <li>➤ Looks closely at lines, shapes, size and patterns when producing an observational drawing</li> <li>➤ Children are beginning to draw self-portraits, landscapes and buildings/cityscapes</li> <li>➤ Draws a person with head, legs, body and (usually) arms and fingers.</li> </ul>	<ul style="list-style-type: none"> <li>➤</li> </ul>



	Fine motor skills				
Fine Motor	Pencil and brush control	Scissor Skills	Cutlery Skills	Drawing Skills	Dressing
<b>On Track Check Point 4</b> ➤ Uses a knife and fork competently	➤ Develop the foundations of an appropriate handwriting style ➤ Hold pencil effectively- tripod grip ➤ Form letters accurately using the correct movements (shoulder pivot etc)	➤ Cuts complex shapes, such as figures.	➤ Uses a fork to hold food still while cutting it with a knife ➤ Uses a knife and folk independently	➤ Identifies key features of living things ➤ Looks closely at lines, shapes, size and patterns when producing an observational drawing ➤ Drawings show finer details ➤ Draws portraits, detailed pictures, landscapes, buildings and cityscapes	➤
<b>Check Point 5: ELG</b>	Hold a pencil effectively in preparation for writing (nearly always tripod grip)	Use a range of small tools e.g. scissors, paint, brushes, cutlery	Begin to show accuracy and care when drawing		