



Physical Development

Foundation Stage 1 3 – 4 Years	Term 1	Term 2	Term 3
Fine Motor	<ul style="list-style-type: none"> • Paints with some wrist action. • Turns single pages when looking at a book. • Holds tool using the palm of their hand. • Can screw and unscrew objects. • Can pour themselves a drink from the water fountain. 	<ul style="list-style-type: none"> • Copies Circles. • Rolls, pounds, squeezes, and pulls play dough. • Imitates circular, vertical, horizontal strokes. • Holds tools between thumb and index finger. • Beginning to undress – unzipping, Velcro. • . 	<ul style="list-style-type: none"> • Cuts on a continuous line using scissors. • Copies crosses, squares and triangles. • Uses one hand consistently in most activities. • Can use tweezers to pick up small objects. • Can manipulate dough into a variety of shapes with control. • Eats without assistance • Can undo and fasten buttons.
Gross Motor	<ul style="list-style-type: none"> • Can walk on tiptoes. • Can balance on one foot to balance for a moment. • Jumps in place with two feet together. • Catches using body. 	<ul style="list-style-type: none"> • Can pedal on a tricycle, negotiating space and speed to avoid obstacles. • Can kick a ball. • Walks up and down steps, alternating feet. • Balance on one foot for upto 5 seconds. 	<ul style="list-style-type: none"> • Can push with one foot to power a scooter and balance to move with control. • Can balance along a beam without support. • Jumps over an object and lands with both feet together. • Catches a ball that has been bounced.

Foundation Stage 2 Children in Reception	Term 1	Term 2	Term 3
Fine Motor	<ul style="list-style-type: none"> • Well established handedness. • Can undo/fasten zips independently. • Beginning to hold pencil using a tripod grip – may require prompting 	<ul style="list-style-type: none"> • Cuts simple shapes using scissors. • Colours within the lines. • Uses a tripod grip to hold pencil. 	<ul style="list-style-type: none"> • Uses a tripod grip to hold pencil. • Can form letter shapes to fit between solid lines in book.
Gross Motor	<ul style="list-style-type: none"> • Autumn 1 - My and Myself • Autumn 2 – Movement Development • Travels with confidence and skill in a range of movements when using equipment • Shows understanding of the need for safety when moving and manages some risks. • Moves freely and with pleasure in a range of skilful ways. • Runs skilfully and negotiates spaces successfully adjusting speed or direction to avoid obstacles. • Show some understanding towards the effects of activity on their body. 	<ul style="list-style-type: none"> • Spring 1 – Dance • Spring 2 – Ball Skills • Explore different movements – keeping good balance and co-ordination. • Understand the concept of performing to music. • Listen to the music and move in time with it. • Work well with a partner, copying and mirroring movements. • Shows increasing control when handling a large ball. 	<ul style="list-style-type: none"> • Summer 1 – Throwing and Catching • Summer 2 – Fun and Games • Show increased control when catching a ball. • Shows increasing control over an object, pushing, passing, throwing and catching. • Can negotiate a small hurdle with confidence whilst running. • Can balance an object on a bat or on their head with control.