



PE Progression in EYFS



Physical Development Progression in EYFS - Embleton Primary School

Nursery	Reception
Gross Motor Skills	
Can sit comfortably on a chair (For example when eating snack/lunch/carrying out an activity in the classroom)	Walk and run with confidence, changing speed and direction safely
Throw balls at a target	Perform a two footed jump
Can sit up comfortably on the floor for increasing lengths of time (for example when playing a game/completing an activity - up to 10 mins)	Skip confidently
Hop on the spot	Hop confidently for a short distance
Stand on one leg	Climb freely and confidently
Balance when playing a game	Start to link 2 or three movements together with some fluency. For example, run and then jump
Wave a streamer by using my whole arm and shoulder	Use spatial awareness to safely use the space and the apparatus around me
Wave a streamer in a full circle with a straight arm and by using my shoulder	Use core strength and co-ordination to hold a variety of balances on different points of my body for a short duration (up to 5 seconds)
Wave two streamers in a full circle with straight arms using my shoulders	Throw a ball or a bean bag, underarm, with some control over aim and direction
Go up stairs using alternative feet	Begin to develop hand eye co-ordination to catch a ball or beanbag
Climb on apparatus with increasing speed, control and confidence	Kick and pass a ball with some control over aim and direction.
Play follow my leader	Begin to develop the co-ordination to strike a ball/beanbag with a bat/racket
Ride a tricycle or scooter with a good level of control, using my feet/hands and core strength to alter my speed/direction	Can change speed and direction
End of Reception	
Children will be able to control their movements and will be confident to run, jump, hop, skip, climb, balance and swing. They will have strength and stamina to play outdoors and indoors, to run around at playtime and to walk to beach school. They will have balance and co- ordination to avoid too many trips and falls.	
ELG: Gross Motor Skills	
Children at the expected level of development will:	
Negotiate space and obstacles safely, with consideration for themselves and others;	
Demonstrate strength, balance and coordination when playing;	
Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.	



PE Progression in EYFS



Fine Motor Skills	
Nursery	Reception
Shows preference for a dominant hand	Use a paint brush with one hand and create detail
Picks up and arranges a variety of loose parts with some control	Uses scissors effectively with one hand
Uses large paint brushes to make purposeful marks	Consistently uses an effective tripod grip when drawing and writing
Builds a tower of around nine small blocks.	Manipulates and arranges a range of loose parts with precision and control
Uses large paint brushes to make purposeful marks	Uses a hammer to hit small targets such as nails into wood.
Uses small paint brushes to add details to pictures.	Can draw closed shapes with continuous lines and use these to represent objects.
Makes snips in paper with scissors,	Can use fingers to fasten and unfasten buttons and zips
Starts to cut along a straight line	Can hold and pour water from jugs and cups
Beginning to use a comfortable pencil grip and when prompted, can independently adopt a tripod grip .	Can use a knife and fork together to cut up and eat food
Turns single pages of a book	Successfully twists objects, such as lids on a bottle or container.
Can shape and mould malleable materials using hands.	Can shape and mould malleable materials using fingers and tools
End of Reception Children will be confident to write neatly with a correct pencil grip, and will use pens and pencils to create a range of different effects. They will use tools including cutlery, paintbrushes, sculpture tools, safe knives and scissors to achieve practical tasks and will be able to manage their own clothing and shoes.	
ELG: Fine Motor Skills Children at the expected level of development will: <ul style="list-style-type: none"> Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases Use a range of small tools, including scissors, paint brushes and cutlery; Begin to show accuracy and care when drawing. 	