

Physical Development skills progression

Gross motor skills			
Nursery	Reception Autumn	Reception Spring	Reception Summer
Continue to develop their movement, balancing, riding and ball skills. Go up steps and stairs, or climb up apparatus, using alternate feet. 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.	Revise and refine the fundamental movement skills they have already acquired: - rolling, crawling, walking, jumping, running, balancing, hopping, skipping and 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. Move around safely inside and outside.	Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor. Combine different movements with ease and fluency. Further develop and refine a range of ball skills including: throwing, rolling, catching, kicking, passing, batting and aiming.	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. Develop confidence, precision and accuracy when engaging in activities that involve a ball. 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. Work as part of a team. Strike a ball with their foot.
SEND provision	Ensure pupils have access to extra resources/interventions to develop gross motor skills. Support during adult led sessions to develop gross motor skills. Pictorial prompts to support with gross motor movements.		