



EYFS Knowledge Progression

Physical Development

Nursery	Gross Motor Skills 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. Fine Motor Skills Use one-handed tools and equipment, for example, making snips in paper with scissors. Use a comfortable grip with good control when holding pens and pencils. Show a preference for a dominant hand. Be increasingly independent as they get dressed and undressed, for example, putting coats on and doing up			
Reception	Autumn I know which hand I prefer to mark make with I can trace my name I can begin to write my name I can use a paint brush to create an effect	Spring I have chosen which hand I like to write with I can use a pencil effectively to write my name by myself I can write most letters correctly	Summer I can write letters correctly I know how to use a pencil to draw pictures and create effects I know how to use a paint brush to create different lines and shapes	Early Learning Goal Gross motor <i>Negotiate space and obstacles safely, with consideration for themselves and others</i> <i>Demonstrate strength, balance and coordination when playing</i> <i>Move energetically such as running, jumping dancing, hopping, skipping and climbing</i>

	I can use a pair of scissors safely to suit my needs I know what cutlery is for I know how to use the outdoor climbing equipment safely I can ride a balance bike by myself I can move around a space showing control	I know how to use a paint brush to create different lines and shapes I know how to use a pair of scissors effectively and for a variety of purposes I can use a fork and spoon to eat my lunch I can use large equipment safely both inside and outside I can move around a space in different ways I know what my body needs to stay healthy	I can use a knife to cut my food when I need to I can work with others to move large items at forest school and in the den building area I know how to use a pair of scissors effectively and for a variety of purposes I can ride a trike by myself I can move around a space in different ways I am coordinated in my movements	Fine Motor <i>Hold a pencil effectively in preparation for fluent writing, using the tripod grip in almost all cases</i> <i>Use a range of small tools including scissors, paint brushes and cutlery</i> <i>Begin to show accuracy and care when drawing</i>
Year 1 PE	Games (Movement Games / Sending, Receiving & Aiming) • Throwing in different ways with both hands • Catching with both hands • Hitting a stationary ball with a bat • Moving and stopping safely • Kicking in different ways Athletics • Run at different speeds • Perform the 5 basic jumps (one foot to the same foot, one foot to the other foot, one foot to two feet, two feet to one foot, and two feet to two feet) • Throwing into targets • Begin to link running and jumping movements Dance			

- Copy, remember and repeat dance moves and actions
- Make up a short dance
- Move to music safely in a space with control
- Move safely in a space

Gymnastics

- Roll, curl, balance in different ways with control
- Copy sequences and repeat them
- Make bodies curled, stretched, tensed and relaxed
- Explore shape in the air

OAA

- Work co-operatively
- Identify certain positions on a map and diagram

Select appropriate equipment for the task