

Physical Development Skills Progression in Little Explorers Pre-school

Observation checkpoint

Look out for children who find it difficult to sit comfortably on chairs. They may need help to develop their core muscles. You can help them by encouraging them to scoot on sit-down trikes without pedals and jump on soft-play equipment

Around their third birthday, can the child climb confidently, catch a large ball and pedal a tricycle?

	Autumn Term	Spring Term	Summer Term
Gross Motor Skills	<p>1.1. Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to walk, crawl or run across a plank, depending on its length.</p> <p>1.2. Go up steps and stairs, or climb up apparatus, using alternate feet.</p> <p>1.3. Use large-muscle movements to wave flags and streamers, paint and make marks.</p>	<p>2.1. Choose the right resource to carry out their own plan. For example, choosing a spade to enlarge a small hole they dug with a trowel.</p> <p>2.2. Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.</p> <p>2.3. Skip, hop, stand on one leg and hold a pose for a game like musical statues.</p>	<p>3.1. Start taking part in some group activities which they make up for themselves or in teams.</p> <p>3.2. Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks.</p> <p>3.3. Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm.</p>
Fine Motor Skills	<p>1.1. Use one-handed tools and equipment, for example, making snips in paper with scissors.</p>	<p>2.1. Show preference for a dominant hand.</p>	<p>3.1. Use a comfortable grip with good control when holding pens and pencils.</p>