

Feniton Primary School: Physical Development Skills Progression in Reception

	Autumn Term	Spring Term	Summer Term
Gross Motor Skills	<p>1.1. Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor.</p> <p>1.2. Revise and refine the fundamental movement skills they have already acquired:</p> <ul style="list-style-type: none"> - Rolling - Crawling - Walking - Jumping - Running - Hopping - Skipping - Climbing <p>1.3. Progress towards a more fluent style of moving, with developing control and grace.</p> <p>1.4. Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting and aiming.</p> <p>1.5. Further develop the skills they need to manage the school day successfully: • lining up and queuing • mealtimes</p>	<p>2.1. Combine different movements with ease and fluency.</p> <p>2.2. Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.</p> <p>2.3. Develop confidence, precision and accuracy when engaging in activities that involve a ball.</p> <p>2.4. develop overall body-strength, balance, co-ordination and agility.</p> <p>2.1. 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.</p>	<p><u>ELG Gross Motor Skills</u> Negotiate space and obstacles safely, with consideration for themselves and others.</p> <p>Demonstrate strength, balance and coordination when playing.</p> <p>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>
Fine Motor Skills	<p>1.1. Develop their small motor skills so that they can use a range of tools competently, safely and confidently.</p>	<p>2.1 Develop the foundations of a hand writing style which is fast, accurate and efficient.</p>	<p><u>ELG Fine Motor Skills</u> Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases.</p> <p>Use a range of small tools, including scissors, paintbrushes and cutlery.</p> <p>Begin to show accuracy and care when drawing</p>