

EYFS – Skills Progression – Physical Development

Gross Motor Skills			
Autumn	Spring	Summer	Early Learning Goal
<ul style="list-style-type: none"> • Negotiate space and obstacles safely, with some support • Move confidently in a range of ways (walking, running, jumping, climbing) • Begin to balance on one foot or on a narrow surface with support • Catch and throw a large ball with some control • Participate in simple action games and activities involving movement 	<ul style="list-style-type: none"> • Travel with confidence, showing increasing control over speed and direction • Balance on one foot, along a line, or on a narrow surface with greater stability • Catch, throw and kick balls with improving accuracy • Coordinate movements to climb, jump and run with control • Begin to use space safely when playing with others, avoiding collisions 	<ul style="list-style-type: none"> • Move confidently in a range or ways, adjusting speed, direction and body position • Balance, negotiate and climb on equipment with increasing skill • Catch, throw, kick and strike balls with control and coordination • Combine movements to perform more complex physical activities, such as obstacle courses or dance routines • Move with awareness of themselves and others, showing spatial awareness and safety 	<ul style="list-style-type: none"> • 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.

EYFS – Skills Progression – Physical Development

Fine Motor Skills			
Autumn	Spring	Summer	Early Learning Goal
<ul style="list-style-type: none"> • Use a range of small tools and objects safely (e.g. scissors, pencils, paintbrushes) • Develop control when holding and using a pencil, crayon or pen • Begin to form some letters correctly • Use hands to manipulate small objects, puzzles and construction toys • Begin to fasten clothing with help (e.g. buttons, zips) 	<ul style="list-style-type: none"> • Form most letters legibly and consistently when writing • Use scissors with increasing control to cut along straight and curved lines • Develop dexterity to manipulate smaller objects, such as threading beads or using tweezers • Hold pencils or pens correctly using a tripod grip • Begin to manage simple fastenings independently (buttons, zips, Velcro) 	<ul style="list-style-type: none"> • Form letters correctly and fluently when writing • Use a range of tools with confidence for different purposes (e.g. pencils, scissors, paintbrushes, cutlery) • Demonstrate refined hand-eye coordination for tasks such as threading, cutting or manipulating small objects • Manage clothing fastenings independently • Use fine motor skills to support writing, drawing and creative activities with precision 	<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.