



Progression in Physical Development and PE Skills

	Caterpillars	Nursery	Reception	Year One	Year Two
Gross Motor Skills	Exploring movement, walking, crawling, running, squatting, climbing, kicking.	To develop movement, balancing, riding (scooters, trikes and bikes) Go up and down stairs, climb apparatus, use alternate feet. Skip, hop and stand on one leg. Use large muscle groups to wave flags and ribbons. Take part in group activities, respond to music and rhythm, begin to remember sequences. Match physical skills to the task required, select appropriate resources for active play. Collaborate with others in games and demonstrate simple ball skills. Show a preference for a dominant hand and be increasingly independent getting dressed and undressed.	Can experiment with different ways of moving, jumping and landing safely, play running and chasing games being able to alter speed and direction. Revise and refine Fundamental movement skills, rolling, running, crawling, hopping, walking, skipping, jumping, climbing. Travels with confidence and skill around, on, under, over and through balance, co-ordination and climbing equipment. Developing core muscle strength and posture. Beginning to show control throwing, catching, balancing, kicking an object using large or small apparatus indoors and outdoors, alone and in a small group. Be able to discuss factors that support health and well-being including regular physical exercise.		
Fine Motor Skills	Begin to use fine motor skills for balancing blocks, simple mark making starting to use a tripod grip, turning pages in a book.	Use tools and equipment like scissors, use a tripod grip with more control, beginning to copy familiar letters.	Able to safely handle tools and objects with more control including, scissors, paint brushes and cutlery. Begin to use an anti-clockwise motion and retrace vertical lines, hold a pencil		



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			<p>effectively in preparation for fluent writing, using a tripod grip in most cases correctly to form recognisable letters, most of which are correctly formed.</p> <p>Begin to show accuracy and care when drawing.</p>		
<p>PE: Games Gym Dance OAA Athletics Multi-skills</p>				<p>Perform basic skills of throwing, catching, rolling, striking, kicking, aiming and fielding with confidence and growing consistency.</p> <p>Are willing to demonstrate and work with a partner or co-operate with a small group.</p> <p>Beginning to make decisions about skills and tactics to play competitive games.</p> <p>Demonstrate good use of space.</p> <p>Can perform a simple sequence using different movements or skills using equipment or apparatus appropriately.</p> <p>Can describe some elements of the importance of warming up, cooling down and of adopting a healthy life style.</p> <p>Can evaluate and suggest improvements to work.</p>	<p>Perform basic skills of throwing, catching, rolling, striking, kicking, aiming and fielding with confidence and consistency so that they can participate in games and activities with structure and competitive elements. Is a good competitor.</p> <p>Understands that practise is necessary and are willing to demonstrate and work confidently with a partner or co-operate with a small group.</p> <p>Beginning to volunteer ideas when organising a game or activity, to make sensible decisions about equipment, skills and tactics to play competitive games.</p> <p>Can settle quickly and demonstrate good body awareness and use of space.</p> <p>Can perform confidently a simple sequence using different movements or skills.</p>



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					<p>Can describe in detail the importance of warming up, cooling down and of adopting a healthy life style.</p> <p>Can watch demonstrations and describe, evaluate and suggest improvements to their own and others work using an accurate vocabulary.</p>
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