



Bilton Infant School Progression of Skills – Physical Development



Stage	Gross Motor skills Fine motor Skills	Gross Motor skills Fine motor Skills
<i>Children working towards Reception skills</i> Three- to Four-Year-Olds	• Children will begin to develop confidence when using apparatus in the setting. • Children will have opportunities to negotiate space in dens, boxes and tunnels. • Children will begin to throw and catch larger balls. • Children will demonstrate some control when jumping, kicking and throwing balls. • Children will be able to use a range of smaller and larger resources for construction • Children will develop balance and control through obstacles courses and ride-ons. • Children will develop balls skills with the support of an adult. • Children will use steps and climbing apparatus with alternative feet. • Children will be supported to skip, hop on one leg and hold a pose. • Children will begin to use and develop large muscle movements in their shoulders to wave, paint and mark make. • Children will be able to use a range of indoors and outdoors resources to create games by themselves or in teams. • Children will begin to use and remember sequences of patterns and movements related to music and rhythm.	• With support, children will begin to develop good manipulation skills by mark making and tearing paper etc. • Children will explore a variety of materials and tools including playdough, clay, paintbrushes, spoons etc. • Children will develop their fine and gross motor skills to do things like zips, pouring drink etc. more independently. • Children will be able to choose the correct tool for purpose for their own plans e.g. using a trowel to make a hole in the mud. • Children will begin to use one handed tools, like scissors to make snips in paper. • Children will begin to demonstrate a comfortable grip when holding pencils and pens. • With support children will begin to use a knife and fork with some independence. • Children will begin to demonstrate a more dominant hand. • Children will use some of their print and letter knowledge in their early writing. • Children will sometimes give meaning to their drawings and paintings. • Children will attempt to write using lines, shapes or symbols. • Children will make letter-type shapes (pre-writing shapes).
Reception skills	• Children will become more controlled and accurate when, rolling, crawling, walking, jumping, running, hopping, skipping and climbing. • Children will join in physical activities throughout the day. • Children will have opportunities to use ride-ons and bicycles and develop the skills to use them effectively. • Children will develop their upper arm and shoulder strength. • Children will develop their core strength for sitting at tables and on the floor. • Children will develop strength, agility, co-ordination and balance through a range of activities. • Children will develop and engage in activities to develop ball skills; this will include, throwing, catching, kicking and rolling.	• Children will develop key fine motor skills including pinching, squeezing, threading, stacking etc. • Children will begin to hold pencils and knife and forks correctly. • Children will begin to develop pencil control, applying adequate, pressure, control and grip. • Children will be taught the correct letter formation of lowercase and capital letters. • Children will begin to show accuracy and care in drawing. 