



Physical Development Progression Document

Our Curriculum Goal: To become a **HEALTHY HERO** who has the essential skills to be ready for the next step in their journey.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	ELG
Concepts	<ul style="list-style-type: none"> Travelling Negotiating space Scissors grip Pencil grip 	<ul style="list-style-type: none"> Travelling Jumping Balancing Climbing Cutting skills Pencil grip 	<ul style="list-style-type: none"> Combining movements Ball skills 	<ul style="list-style-type: none"> Fluency Using apparatus Hitting a ball Using tools Letter formation 	<ul style="list-style-type: none"> Ball skills Dribbling Using tools Letter formation 	<ul style="list-style-type: none"> Obstacles Letter formation 	<p>Gross motor skills</p> <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. <p>Fine motor skills</p> <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,
Skills	<p>Gross motor skills</p> <ul style="list-style-type: none"> Travel in different ways such as walking, running, jumping. Negotiating space <p>Fine motor skills</p> <ul style="list-style-type: none"> Hold scissors with support Developing pencil grip 	<p>Gross motor skills</p> <ul style="list-style-type: none"> Travelling in different ways such as skipping, sliding, hopping and rolling. Jumping off objects Balancing Climbing <p>Fine motor skills</p> <ul style="list-style-type: none"> Holds scissors correctly to cut Use a tripod grip when writing and drawing 	<p>Gross motor skills</p> <ul style="list-style-type: none"> Combining movements Racing and chasing games Ball skills – throwing, catching, kicking <p>Fine motor skills</p> <ul style="list-style-type: none"> Using simple tools to change materials Shows accuracy when drawing 	<p>Gross motor skills</p> <ul style="list-style-type: none"> Moving with fluency Using apparatus Hitting a ball <p>Fine motor skills</p> <ul style="list-style-type: none"> Using tools with increasing control Forms recognisable letters 	<p>Gross motor skills</p> <ul style="list-style-type: none"> Ball games Dribbling Strength and agility <p>Fine motor skills</p> <ul style="list-style-type: none"> Using tools with good control Forms some letters correctly 	<p>Gross motor skills</p> <ul style="list-style-type: none"> Obstacles Developing confidence, competence, and precision <p>Fine motor skills</p> <ul style="list-style-type: none"> Forms most letters correctly 	
Knowledge	<ul style="list-style-type: none"> Know how to travel in different ways e.g. walk, run, jump. Know how to negotiate 	<ul style="list-style-type: none"> Know how to travel in different ways e.g. skip, slide, hop, roll. When we jump off an object, 	<ul style="list-style-type: none"> Multiple movements can be combined at the same time. 	<ul style="list-style-type: none"> Know how to combine movements to move fluently. Know how to use apparatus safely. 	<ul style="list-style-type: none"> Know how to play games as a team and work together. Know how to follow game rules. 	<ul style="list-style-type: none"> Know the different skills needed to play games and participate in different activities. 	

	<p>space around them.</p> <ul style="list-style-type: none"> • Know how to hold scissors correctly. • We open and close scissors to cut. • Know how to hold a pencil correctly. 	<p>we bend our knees and lean forwards then land by bending ankles, knees and hips.</p> <ul style="list-style-type: none"> • Know how to balance on something without falling. • Climbing means using your hands and feet to go upwards. • Know how to use scissors safely. • Know how to hold a pencil using the tripod grip. 	<ul style="list-style-type: none"> • Know and follow the rules for games. • To throw a ball, you hold it in your hand, bend your knees and throw it at a target with either one or two hands. • To catch a ball, you put two hands out, meet the ball with your hands, wrap your arms around the ball and pull it into your chest. • To kick a ball, you put the ball on the floor then hit with your foot. • Know how tools can be used to change materials. 	<ul style="list-style-type: none"> • You can hit a ball with a bat, racket, club. • Know how a range of tools can be used safely and correctly to achieve a goal. • Know how to form letters. 	<ul style="list-style-type: none"> • To dribble, you control the ball with your feet whilst you move. • Strength means being strong. • Agility means moving quickly and easily. • Know how to use a range of tools e.g. scissors, gardening tools, DIY tools. • Know how to form letters. 	<ul style="list-style-type: none"> • Know how to combine movements to overcome obstacles. • Know to move confidently, competently and with precision. • Know how to form letters. 	<p>including scissors, paint brushes and cutlery;</p> <ul style="list-style-type: none"> • Begin to show accuracy and care when drawing.
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