



# Lytham C of E EYFS PE Progression Map

## Nursery: Physical Development through 'Development Matters'

		<b>On Entry</b>	<b>Autumn</b>	<b>Spring</b>	<b>Summer</b>
<b>Physical Development</b>	<b>GROSS MOTOR</b>	<p>Climb steps with alternate feet.</p> <p>Plays with the different types of balls outside, showing some skill.</p> <p>Use their arms to make large movements using good coordination e.g. stretching, and making large marks.</p> <p>Can jump, lifting both feet off the floor.</p>	<p>Can move on the balance bikes and push along toys, using their feet to push themselves forwards.</p> <p>Can catch a large ball with two hands.</p> <p>Can jump forwards once.</p> <p>Can kick a ball.</p> <p>Can lift one leg off the floor and hold it for 3 seconds.</p> <p>Can balance along a line on the floor.</p>	<p>Can pedal a trike.</p> <p>Can throw and catch a large ball.</p> <p>Can jump forwards a few times.</p> <p>Can lift one leg off the floor and hold it for 3 seconds and do the same with the other leg.</p> <p>Can kick and stop a ball with their foot.</p> <p>Can balance along a plank or bench.</p>	<p>Can move confidently on a range of equipment e.g. balance bike, trikes and scooter.</p> <p>Climb the nursery play equipment confidently.</p> <p>Stops or attempts to avoid obstacles when running.</p> <p>Can use overarm and underarm throw.</p> <p>Is beginning to hit a ball with a bat when it is thrown to them.</p> <p>Can run, hop, jump and balance, confidently.</p>
	<b>FINE MOTOR</b>	<p>Begins to use a dominant hand.</p> <p>Shows control when using equipment e.g. inset jigsaw, threading, peg board, Duplo etc</p> <p>No longer using palmer grasp.</p> <p>Move arm independently of body.</p> <p>Can use pincer grip to pick up objects.</p>	<p>Can use training scissors to cut along lines.</p> <p>Use good pencil control to trace a simple pattern.</p> <p>Can isolate individual fingers.</p> <p>Can draw a vertical line.</p> <p>Can draw a horizontal line.</p> <p>Can draw a circle.</p>	<p>Can hold scissors correctly and make snips in paper.</p> <p>Beginning to use a comfortable pencil grip, showing more control over movements.</p> <p>To use lines to create enclosed spaces to represent objects in pictures.</p> <p>Can draw a cross shape,</p> <p>Can draw a square shape.</p>	<p>To cut along straight lines with scissors.</p> <p>Uses a comfortable grip, beginning to use a 3 finger hold.</p> <p>Can form some recognisable letters.</p> <p>Uses a spoon or fork to eat independently.</p> <p>Can draw an x.</p> <p>Can draw a triangle.</p>



## Lytham C of E EYFS PE Progression Map

### Reception: Physical Development through 'Development Matters'

		<b>On Entry</b>	<b>Autumn</b>	<b>Spring</b>	<b>Summer</b>	<b>ELG</b>
<b>Physical Development</b>	<b>GROSS MOTOR</b>	<p>Can move confidently on a range of equipment e.g. balance bike, trikes and scooter.</p> <p>Climb the nursery play equipment confidently.</p> <p>Stops or attempts to avoid obstacles when running.</p> <p>Can use overarm and underarm throw.</p> <p>Is beginning to hit a ball with a bat when it is thrown to them.</p> <p>Can run, hop, jump and balance, confidently.</p>	<p>Use lots of different ways of moving and travelling appropriately: rolling; crawling; walking; jumping; running; hopping; skipping; climbing.</p> <p>Climb over, under and through obstacles.</p>	<p>Throw, kick, pass and catch a large ball with confidence, precision and accuracy.</p> <p>Use a bat and hit a target by aiming.</p> <p>Move and use both large- and small-scale equipment.</p> <p>Develop body strength and co-ordination by understanding the need to be highly active each day.</p>	<p>Travel around space and obstacles safely, with consideration for themselves and others.</p> <p>Show strength, balance and co-ordination in movement.</p> <p>Control a combination of movements with ease.</p>	<p>Negotiate space and obstacles safely, with consideration for themselves and others.</p> <p>Demonstrate strength, balance and co-ordination.</p>
	<b>FINE MOTOR</b>	<p>To cut along straight lines with scissors.</p> <p>Uses a comfortable grip, beginning to use a 3 finger hold.</p> <p>Can form some recognisable letters.</p> <p>Uses a spoon or fork to eat independently.</p> <p>Can draw an x.</p> <p>Can draw a triangle.</p>	<p>Show good pencil control when mark making drawing.</p> <p>Use cutlery and other one-handed equipment including paintbrushes, knives forks and spoons.</p> <p>Use a range of tools.</p>	<p>Use their core muscle strength to have good posture when sitting at a table to write.</p> <p>Begin to form the sounds c, o, a, d, g, q correctly including the correct directionality.</p>	<p>Hold a pencil effectively (tripod).</p> <p>Draw and write with accuracy and control using a pencil.</p> <p>Correctly form lower case letters including directionality.</p>	<p>Hold a pencil effectively in preparation for writing.</p> <p>Use a range of small tools.</p> <p>Show accuracy and care when drawing.</p>