








Laughton Junior & Infant School

Learning together, achieving together

EYFS Physical Skills Progression



	NURSERY and RECEPTION						Links to KS1 Curriculum
Dressing	Take off own coat Pull down pants to use toilet	Put on shoes without fastening (may be wrong foot) Pull zips up and down, with help	T-Shirt and jumper on/off independently but may be back to front Pull up garments on independently Put on own coat		Put on socks and shoes correctly. Fasten zip independently	Dress/undress independently and fasten buttons, put clothes the correct way	Fasten small buttons and tie own shoe laces.
Using a wheeled toy	Can 'walk' a toy ride in car and manoeuvre and steer	Ride a scooter Can use feet to scoot a balance bike and maintain balance	Ride a tricycle Can maintain balance while manoeuvring around corners	Can pedal and maintain balance for a few feet on a flat surface	Can stop a bike/scooter effectively and speed up/slow down	Can pedal and maintain balance while manoeuvring around obstacles	Can brake at a specific point with control Can follow at a sensible distance behind another rider Can control speed in a group
Ball Control Skills	Begin to throw a large/small ball underhand and overhand. Begin to kick a ball	Throw/bounce a large/small ball a large distance or up into the air. Able to kick a ball a short distance	Catch a ball from either a bounce or from a short distance. Kick a ball in a straight line	Hit a target with a ball from 2m distance when throwing with accuracy. Kick a ball at least 4m	Use a bat to hit a large or small ball. Kick a ball into a goal area/target from a short distance	Use a bat to hit a ball to a target. Be able to dribble a ball around an obstacle	Use a bat, throw and catch and dribble/kick a ball with accuracy
Balance, climbing and jumping	Stand on tiptoes Jump up and down with both feet Able to climb on to a low object	Stand on one foot for 2 seconds. Jump over an object. Climb up a set of steps with alternate feet.	Walk along a straight marked line on the floor. Move by jumping forwards. Begin to hop on 1 leg. Climb up an A frame/box	Walk along a balance beam/bench. Jump off a low object with confidence.	Hold a controlled static balance on one or two legs. Climb up and jump off higher apparatus confidently or push off from sitting position	Balance when walking along a low narrow balance beam/bars. Jump off and travel on higher equipment confidently	Balance on an unstable surface with increasing control. Skip rhythmically

<p>Using tools</p>	<p>Pour from one container to another Use a spoon to eat</p>	<p>Explore a range of tools – spoons, spades, paintbrushes, trowels, hammer etc. Stab food using a fork</p>	<p>Use one-handed tools e.g. snip paper with scissors Use a hammer to hit a target.</p>	<p>Use scissors with correct hold and cut paper Use a knife to cut a snack or spread.</p>	<p>Use scissors to cut around a shape on paper. Use tweezers to pick up a small object.</p>	<p>Use scissors accurately using a range of materials. Use tweezers to pick up sequins Begin to use a knife and fork</p>	<p>Use a knife and fork competently when eating.</p>
<p>Pencil skills</p>	<p>Palmer grasp  palmer supinate grasp</p>	<p>Digital grasp  Digital Pronate Grasp</p>	<p>4 Finger Grasp </p>	<p>Static tripod grasp </p>	<p>Dynamic tripod grasp  Dynamic Tripod Grasp</p>		