

Reception- Physical Development



Early Years

Combines movements with ease and fluency

Uses a range of large and small apparatus, indoors and outdoors

Further develop and refine a range of ball skills eg. Throwing, catching, aiming



Gross Motor Skills ELG

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.

Development control with movement skills eg, running, hopping, skipping etc

Develops confidence, competence, precision and accuracy in ball play

Progresses towards a more fluent style of movement



Fine Motor Skills ELG

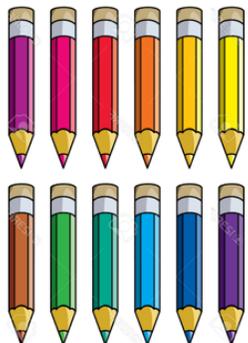
Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases

Use a range of small tools, including scissors, paint brushes and cutlery
Begin to show accuracy and care when drawing.

Develops skills needed to manage a school day eg lining up, mealtimes, hygiene

Know and talk about factors that support health and wellbeing

Develops overall body strength, coordination, balance and agility



Develops fine motor skills, using a range of tools competently

Uses core muscle strength to achieve a good posture when sitting



ELG
End
Year R

Develops foundations of a handwriting style which is fast, fluid and efficient

