

EYFS Progression Map – Physical Development

Children in Reception will be learning to:

- revise and refine the fundamental movement skills they have already acquired such as:
 - rolling; crawling; walking; jumping; running; hopping; skipping; climbing
- progress towards a more fluent style of moving, with developing control and grace
- develop the overall body strength, coordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming
- develop their small motor skills so that they can use a range of tools competently, safely and confidently - suggested tools include:
 - pencils for drawing and writing
 - paintbrushes
 - scissors
 - knives
 - forks
 - spoons
- use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor
- combine different movements with ease and fluency
- confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group
- develop overall body strength, balance, coordination and agility
- further develop and refine a range of ball skills including:
 - throwing
 - catching
 - kicking
 - passing
 - batting
 - aiming
- develop confidence, competence, precision and accuracy when engaging in activities that involve a ball
- develop the foundations of a handwriting style which is fast, accurate and efficient
- further develop the skills they need to manage the school day successfully such as lining up and queuing, and mealtimes