

Swansfield Park Primary School Gross Motor and Physical Skill Development in EYFS

Skills	Steps to success	Optimum Learning Point
<p>Developing core strength</p> <p>‘A child’s ability to maintain their position and move from the centre of their body outwards.’</p>	I can push my chest up with straight arms	<p>Cherry 2-3 years</p>
	I can sit comfortably on a chair for a short time (for example, when having my snack)	
	I can sit up on the floor comfortably for a short duration (for example, when listening to a story)	
	I can crawl	
	I can roll	
	I can jump with both feet off the ground	
	I can kick a large and light ball	
	I can run with independence	
	I can start to use stairs with independence	
	I can begin to climb on apparatus indoors and outdoors with some confidence, leading to	
	I can fit myself into spaces such as tunnels, dens and boxes and box around within them.	
	I can begin to balance as I climb and /or use apparatus indoors and outdoors	
	I can sit on a push along wheeled toy and use my feet to move myself, leading to	
	I can ride a tricycle with pedals	
I can carry items of reasonable weight (for example a small bucket with sand or water in) with two hands over a short distance		
<p>Developing Co-ordination</p> <p>‘the brain’s ability to control movement of different body parts at the same time</p>	I can sit up comfortably on a chair (For example when eating snack/lunch/carrying out an activity in the classroom)	<p>Apple 3-4 years</p>
	I can sit up comfortably on the floor for increasing lengths of time (for example when playing a game/completing an activity - up to 10 mins)	
	I can hop	
	I can skip	
	I can stand on one leg	
	I can hold a balance when playing a game	
	I can wave a streamer by using my whole arm and shoulder, leading to	
	I can wave a streamer in a full circle with a straight arm and by using my shoulder	
	I can wave two streamers in a full circle with straight arms using my shoulders	
	I can go up stairs using alternative feet	
	I can climb on apparatus with increasing speed, control and confidence	
	I can swing on bars with my feet off the ground with support, leading to	
	I can swing on bars with my feet off the ground with independence	

	I can ride a tricycle or scooter with a good level of control, using my feet/hands and core strength to alter my speed/direction	
	I can roll in a variety of ways. For example stretched and tucked body rolls. Some children may be able to perform a forward roll	Pear and Plum 4-5 years
	I can crawl with confidence	
	I can walk and run with confidence, changing speed and direction safely	
	I can perform a two footed jump	
	I can hop confidently	
	I can skip confidently	
	I can climb freely and confidently	
	I can start to link 2 or three movements together with some fluency. For example, run and then jump while using PE apparatus.	
	I can use my spatial awareness to safely use the space and the apparatus around me	
	I can use my core strength and co-ordination to hold a variety of balances on different points of my body for a short duration (up to 5 seconds)	
	I can throw a ball or a bean bag, underarm, with some control over aim and direction	
	I can begin to develop hand eye co-ordination to catch a ball or beanbag.	
	I can kick and pass a ball with some control over aim and direction.	
	I can begin to develop the co-ordination to strike a ball/beanbag with a bat/racket	
End of Reception Checkpoint:		
<p>I can negotiate space and obstacles safely with consideration for themselves and others.</p> <p>I can demonstrate strength, balance and co-ordination when playing.</p> <p>I can move energetically by running, jumping, dancing, hopping, skipping and climbing.</p>		