

Gross Motor Progression Map

On Entry

Autumn

Spring

Summer

Ongoing

Continue to develop their movement, balancing, riding and ball skills

Go up steps and stairs, or climb up apparatus, using alternate feet.

Using large muscle movements to wave flags and streamers, paint and make marks.

Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting and aiming.

Know and talk about the different factors that support their overall health and well-being: regular physical activity, healthy eating, toothbrushing, sensible amounts of screen-time, having a good sleep routine, being a safe pedestrian.

Combine different movements with ease and fluency.

Skip for a game hop, stand on one leg and hold a pose for a game like musical statues

Match their developing physical skills to tasks and activities in the setting.

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.

Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm.

Start taking part in some group activities which they make up for themselves or in teams.

Further develop the skills they need to manage the school day successfully: lining up and queuing, mealtimes, personal hygiene.

Revise and refine the fundamental movement skills they have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping and climbing.

Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.

Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics and sport.