

# Discovery Foundation Stage Two

## Gross Motor Progression Road Map

Ongoing

On Entry

Autumn

Spring

Summer

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.

Revise and refine the fundamental movement skills they have already acquired.

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

Progress towards a more fluent style of moving, with developing control and grace.

Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.

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.

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.

**ELG-** Negotiate space and obstacles safely, with consideration for themselves and others.

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

**ELG-** Demonstrate strength, balance and coordination when playing.

**ELG-** Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

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.