



EYFS Curriculum - Progression Map
Physical Development - Gross Motor Skills



Classes	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
2 year olds	Children will clap and stamp to music.	Children will explore ways of fitting themselves into spaces, such as tunnels, boxes and dens.	Children will walk, run, jump, climb and start using stairs independently.	Children will show increasing independence wanting to feed themselves and dress/undress themselves.	Children will practise catching large balls and kicking balls.	Children will begin to push pedals on a tricycle and use sit on, push along toys with greater confidence.
Nursery	Children will be able to use big muscle movements to wave flags and streamers.	Children will travel in different ways, including running, jumping, crawling and climbing.	Children will begin to show confidence using alternative feet to climb up apparatus and go up steps.	Children will lift, push, carry objects, working with others to help if needed.	Children will use tools such as spades to dig and watering cans to pour.	Children will begin to develop their strength and movements to balance on scooters, trikes and balance bikes.
Reception	Children will build on the core strength muscles to help them sit comfortably at a table and on the carpet.	Children will learn how to combine different movements to create a simple routine.	Children will build on their fundamental movement skills - hopping, jumping and skipping.	Children will know how to throw and catch different sized balls. Children will know how to bat and aim using different sized balls.	Children will demonstrate safe movements, including the use of equipment and negotiating space around others.	Children will know how to ride a balance bike, negotiating obstacles and know how to adjust their speed.
Links to Y1	Children will continue to develop basic movements including balance and co-ordination.	Children will be able to perform dances using simple movement patterns.	Children will continue to master basic movements including running, jumping, throwing and catching.	Children will participate in team games.	Children will continue to develop their balance, agility and co-ordination, and begin to apply these in a range of activities.	Children will participate in competitive activities.