



EARLY YEARS FOUNDATION STAGE



Physical Development

FS1 3 – 4 years	Term 1	Term 2	Term 3
Fine Motor Skills	<ul style="list-style-type: none"> • Paints with some wrist action. Turns single pages when looking at a book. • Holds tool using the palm of their hand. • Can screw and unscrew objects. • Can pour themselves a drink from the water fountain. 	<ul style="list-style-type: none"> • Copies Circles. • Rolls, pounds, squeezes, and pulls play dough. • Imitates circular, vertical, horizontal strokes. • Holds tools between thumb and index finger. • Beginning to undress – unzipping, Velcro. 	<ul style="list-style-type: none"> • Cuts on a continuous line using scissors. • Copies crosses, squares and triangles. • Uses one hand consistently in most activities. • Can use tweezers to pick up small objects. • Can manipulate dough into a variety of shapes with control. • Eats without assistance • Can undo and fasten buttons.
Gross Motor Skills	<ul style="list-style-type: none"> • Can walk on tiptoes. • Can balance on one foot to balance for a moment. • Jumps in place with two feet together. • Catches using body. 	<ul style="list-style-type: none"> • Can pedal on a tricycle, negotiating space and speed to avoid obstacles. • Can kick a ball. • Walks up and down steps, alternating feet. • Balance on one foot for up to 5 seconds. 	<ul style="list-style-type: none"> • Can push with one foot to power a scooter and balance to move with control. • Can balance along a beam without support. • Jumps over an object and lands with both feet together. • Catches a ball that has been bounced.

FS2 4 – 5 years	Term 1	Term 2	Term 3
Fine Motor Skills	<ul style="list-style-type: none"> Well established handedness. Can undo/fasten zips independently. Beginning to hold pencil using a tripod grip – may require prompting 	<ul style="list-style-type: none"> Cuts simple shapes using scissors. Colours within the lines. Uses a tripod grip to hold pencil. 	<ul style="list-style-type: none"> Uses a tripod grip to hold pencil. Can form letter shapes to fit between solid lines in book.
Gross Motor Skills	<p>Autumn 1 - My and Myself Autumn 2 – Movement Development</p> <ul style="list-style-type: none"> Travels with confidence and skill in a range of movements when using equipment Shows understanding of the need for safety when moving and manages some risks. Moves freely and with pleasure in a range of skilful ways. Runs skilfully and negotiates spaces successfully adjusting speed or direction to avoid obstacles. Show some understanding towards the effects of activity on their body. 	<p>Spring 1 – Dance Spring 2 – Ball Skills</p> <ul style="list-style-type: none"> Explore different movements – keeping good balance and co-ordination. Understand the concept of performing to music. Listen to the music and move in time with it. Work well with a partner, copying and mirroring movements. Shows increasing control when handling a large ball. 	<p>Summer 1 – Throwing and Catching Summer 2 – Fun and Games</p> <ul style="list-style-type: none"> Show increased control when catching a ball. Shows increasing control over an object, pushing, passing, throwing and catching. Can negotiate a small hurdle with confidence whilst running. Can balance an object on a bat or on their head with control.