



Physical Development Curriculum Progression

Aspiration for the cohort

Gross Motor

- Ride scooters and balance bikes in a large space safely.
- Climb the hill using hand holds.
- Walk in different directions confidently, including backwards.
- Crawl in a forwards and backwards motion.
- Jump confidently from the ground and from height, landing safely, demonstrating control.
- Carry crates using hand holds safely.
- Show confidence and resilience in having-a-go on some trim-trail stations in KS1 area.
- Send a ball/beanbag to a partner or target by rolling, throwing and kicking.
- Stop a ball rolled along the floor with a hand or foot.
- Weight-bear by lifting legs to dangle from a rope/bar.
- Put on a coat independently – correct inside-out sleeves and use the ‘upside down method’.
- Pull up trousers/tights independently.

Milestone 1

Fine Motor

- Use a paintbrush, pencil, pen, crayon with purpose, demonstrating increasing control.
- Pick up large objects using tweezers and a pincer grip. (Large pompom/pasta)
- Squash playdough with a flat hand.
- Use a pencil to trace patterns and letters.
- Put on socks and shoes independently.
- Use spring-loaded scissors to cut lines.
- Hold a knife and fork simultaneously whilst eating, using the correct grips.



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Milestone 2

Gross Motor

- Ride scooters and balance bikes demonstrating balance and the ability to negotiate obstacles.
- Climb and traverse the climbing wall using hand and foot holds.
- Move with increasing speed and then slow speed down.
- Stretch out one arm and leg in turn whilst on 'all fours'.
- Jump a short distance using arms for momentum.
- Hop using dominant foot, on the spot and in motion.
- Carry large wooden construction blocks with two hands safely.
- Show confidence and resilience in having-a-go on some trim-trail stations in KS2 area.
- Send a ball/beanbag to a partner – ready position, everyone's looking, fingers pointing at the target.
- Receive a ball/beanbag from a partner – ready position, eyes looking, two-handed catch and pull it close.
- Weight-bear using arms to lift body off the floor (rope/bar).

Fine Motor

- Use a paintbrush, pencil, pen, crayon using a static tripod grasp.
- Pick up smaller objects using tweezers and a pincer grip (small pompoms/buttons).
- Squash playdough within one fist.
- Use a pencil to form letters with adult prompt and/or visual guide.
- Use a zip/buttons independently – backward - chaining method with adult support.
- Use scissors, unaided, to cut lines.
- Have a go at cutting food, supported hand-over-hand by an adult.



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Milestone 3

Gross Motor

- Traverse the climbing wall using different routes and understand the need to check foot and hand holds.
- Hop on alternate feet, on the spot and then in motion to produce a skipping movement.
- Balance on opposite hands and knees while on 'all fours'.
- Carry large wooden planks and drainpipes safely showing an awareness of the space around them.
- Identify areas of difficulty when using apparatus and with support, have another go.
- Use the trim trails in KS1 & 2 area confidently, showing independence and resilience.
- Send and receive their own ball/beanbag.
- Send a ball/beanbag to a partner over increasing distance – ready position, everyone's looking, fingers pointing at the target,
- Receive a ball/beanbag from a partner over increasing distance – ready position, eyes looking, two-handed catch and pull it close,
- Weight-bear – traversing a rope using their arms to support weight and balance

Fine Motor

- Employ a dynamic tripod grasp whilst using a paintbrush, pencil, pen, crayon.
- Pick up smaller and more challenging objects (paperclips) using chopsticks and a pincer grip.
- Make indents in playdough, poking with fingers and thumbs.
- Use a pencil to form letters correctly, Recall, with independence, the shape and direction.
- Dress and undress independently for PE.
- Use scissors to follow a line to cut out shapes.
- Have a go at cutting up own food,