

 Physical Development Skills Progression in FS1

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|  | Autumn Term | Spring Term | Summer Term |
| Gross Motor Skills | Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.Go up steps and stairs, or climb up apparatus, using alternate feet.Skip, hop, stand on one leg and hold a pose for a game like musical statues.Use large-muscle movements to wave flags and streamers, paint and make marks. | Start taking part in some group activities which they make up for themselves or in teams.Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to walk, crawl or run across a plank, depending on its length. | Choose the right resource to carry out their own plan. For example, choosing a spade to enlarge a small hole they dug with a trowel.Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks.Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm. |
| Fine Motor Skills | Develop manipulation and control.Use one-handed tools and equipment, for example, making snips in paper with scissors. | Use a comfortable grip with good control when holding pens and pencils.  | Show preference for a dominant hand.Develop their small motor skills so that they can use a range of tools competently, safely and confidently, including: pencils for drawing and writing, paintbrushes, scissors, knives, forks and spoons. |
| Health and Self=Care | Learn to use the toilet with help, and then independently. Start eating independently and learning how to use a knife and fork. | Be increasingly independent as they get dressed and undressed, for example, putting coats on and doing up zips. Be increasingly independent in meeting their own care needs. E.g. Brushing teeth, using the toilet, washing and drying their hands thoroughly. | Make healthy choices about food, drink, activity and tooth brushing.Further develop the skills they need to manage the school day successfully:-lining and queuing up-personal hygiene-mealtimes |