



# Thurcroft Infant School EYFS Progression Document- Physical Development- Gross Motor

## Gross Motor

	Milestone 1	Milestone 2	Milestone 3
FS1	<ul style="list-style-type: none"> <li>I can take off and put back on my own coat.</li> <li>I can walk safely indoors and run safely outdoors.</li> <li>I can develop and understanding of special awareness.</li> <li>I can use basic equipment both indoors and outdoors appropriately.</li> <li>I can move my whole body to join in with action songs.</li> <li>I can complete inset jigsaws.</li> <li>I know how to use the climbing equipment outdoors with some support.</li> <li>I can climb up the steps to the slide with support.</li> <li>I can sit down at the top of the steps to slide down with support.</li> <li>I know how to use my legs to push myself along on a bike or a scooter.</li> <li>I can play with bats and balls, making contact with my hand/foot and the ball with some consistency.</li> <li>I am beginning to take off and put back on own shoes and wellies.</li> </ul>	<ul style="list-style-type: none"> <li>I can the climbing equipment outdoors more independently.</li> <li>I can independently climb up and down the steps to the slide.</li> <li>I can balance on a bike or a scooter when going around the track.</li> <li>I can push and pull with strength and co-ordination e.g., wheelbarrows, prams.</li> <li>I can make large and accurate arm movements to go up and down, round and round, side to side with ribbons and scarves.</li> <li>I can ride a bike/ scooter around the track with increasing control.</li> <li>I can safely turn to go in a different direction when riding bikes and scooters.</li> <li>I can kick or throw a ball in the direction I intend.</li> </ul>	<ul style="list-style-type: none"> <li>I am becoming more adventurous on the climbing equipment e.g., balance on the beams and posts and stand on one leg.</li> <li>I can go in and out of obstacles/ cones on a bike or scooter.</li> <li>I can throw and catch with increasing accuracy.</li> </ul>
FS2	<ul style="list-style-type: none"> <li>I am developing a style of moving with developing control and grace.</li> <li>I can use climbing equipment safely and competently.</li> <li>I can pedal a bike.</li> <li>I can throw and catch a large ball</li> <li>I can kick a large ball.</li> <li>I can jump landing on 2 feet.</li> <li>I can climb upstairs/apparatus using 2 feet.</li> </ul>	<ul style="list-style-type: none"> <li>I can Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.</li> <li>I can move around obstacles.</li> <li>I can throw and catch a small ball (tennis ball).</li> <li>I can kick a small ball.</li> <li>I can hit a ball with a tennis racquet or hockey stick.</li> </ul>	<ul style="list-style-type: none"> <li>I can Negotiate space and obstacles safely, with consideration for themselves and others.</li> <li>I can gage where a moving obstacle may be and move accordingly.</li> <li>I can confident pedal and control a bike.</li> <li>I can hop and skip.</li> <li>I can throw, catch and bounce a ball (ranging size).</li> </ul>



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	<ul style="list-style-type: none"><li>• I can use large anticlockwise movements.</li><li>• I can negotiate space effectively.</li><li>• I am beginning to use my core strength to achieve a good posture when sitting at a table/sitting on the floor.</li><li>• I can pedal a bike confidently, changing direction.</li></ul>	<ul style="list-style-type: none"><li>• I can jump landing on 2 feet with increased control.</li><li>• I can hop on one foot 3-4 times.</li><li>• I am developing my core strength to achieve a good posture when sitting at a table/sitting on the floor.</li></ul>	<ul style="list-style-type: none"><li>• I can move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</li><li>• I can balance with control</li><li>• I use my core strength to achieve a good posture when sitting at a table/sitting on the floor.</li></ul>
<p><b>ELG-</b> <b>Children at the expected level of development will:</b></p> <ul style="list-style-type: none"><li>- Negotiate space and obstacles safely, with consideration for themselves and others</li><li>- Demonstrate strength, balance and coordination when playing</li><li>- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</li></ul>			