

Physical Progression of Knowledge and Skills

	Areas of learning	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Early Learning Goals
F1 Progression of Knowledge and Skills	<u>Health and self – care skills</u>	To take care of toileting needs most of the time.	To show confidence in dressing up and self-care activities.	To independently put on their coats, with some support for the zipper and buttons.	To show full independence in self help skills such as toileting and dressing.	To know what making right food choices looks like.	To show awareness of healthy food choices and impact on our body.	
		To know about personal hygiene and the importance of being clean and tidy.	To show independence with eating and drinking, e.g. being able to feed self and ask for help with opening containers.			To make good choices in terms of tooth brushing.		
		To know that washing hands is important after using the toilet and before we eat.						
	<u>Fine motor skills</u>	To mark make in sensory trays and also copy different patterns.	To learn about different fine motor activities, e.g. threading, cutting, using tools, holding a pencil, mark making, Dough Disco etc.	To know how to use mark making resources effectively, e.g. how to use scissors to snip or how to use a paint brush to paint.	To be able to use scissors confidently and make straight, zig zag and circular snips using one hand.	To use mark making resources with increasing independence and with a comfortable grip.	To confidently use scissors and other tools safely	
			To know what the different tools in the Nursery are and how to use them safely, e.g. scissors, mallets, pegs, hammers and pencils.	To show a preference for a dominant hand	To know that the pencil needs to be held comfortably and with one hand to form letters and numbers	To hold the pencil confidently, using the tripod grip and forming letters and numbers mostly correctly.	To be secure in holding the pencil, using the tripod grip and forming letters and numbers mostly independently.	
				To know the correct ways of forming letters	To begin to form numbers and familiar letters, e.g. letters in their name.	To independently write their name.		
	<u>Gross motor skills</u>	To know how to use the outdoor climbing frame as well as the bikes/scooters to move in different ways and safely.	Skip, hop, stand on one leg – games.	To move in different ways, e.g. climbing, running, jumping etc. in order to develop gross motor skills.	To be aware of obstacles whilst running, riding a scooter/bike etc and display some spatial awareness.	To run skilfully and be able to negotiate space.	To move confidently and safely in a range of ways, avoiding obstacles; running/ hopping/ skipping etc.	
		To begin to show awareness of moving equipment safely with peers.	To use alternate feet when climbing apparatus.					
		To copy dance moves and to move to different kinds of rhythms. Using large movements eg shoulder pivot	To know how to move on different beats and rhythms e.g. slowly for slow music and fast on quicker beats	To be able to follow a simple sequence of movements to music and rhythm.				
					To be able to fill containers with different materials, e.g. sand, water etc and to show confidence in carrying them from one point to another without dropping. Pour from one container to another confidently.	To look at books independently whilst turning pages one at a time.		

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F2 Progression of Knowledge and Skills	<u>Health and self – care skills</u>		To show good practice with regard to exercise, eating, sleeping and hygiene.	To know how good practice with regard to exercise, eating sleeping and hygiene can contribute to good health, including tooth brushing, screen time, road safety and sleep routine				
	<u>Fine motor skills</u>	To use a dominant hand.	To begin to use anticlockwise movement and retrace vertical lines	To handle tools, objects, construction and malleable materials safely and with increasing control.	To develop the foundations of an appropriate handwriting style which is fast, efficient, and accurate.	To develop the foundations of an appropriate handwriting style which is fast, efficient, and accurate.	To develop the foundations of an appropriate handwriting style which is fast, efficient, and accurate.	<p>Fine Motor Skills. Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases.</p> <p>Use a range of small tools, including scissors, paint brushes and cutlery.</p> <p>Begin to show accuracy and care when drawing.</p>
		To begin to form recognisable letters which are formed mostly correctly. (see Literacy for known sounds).	To begin to form recognisable letters which are formed mostly correctly. (see Literacy for known sounds).	To begin to form recognisable letters which are formed mostly correctly. (see Literacy for known sounds).				
	<u>Gross motor skills</u>	To use climbing equipment safely and competently and know why it is important.	To show good control and co-ordination in large and small movements	To negotiate space effectively.	To develop movement fluency.	To develop ball skills. Throwing, catching, kicking, passing, patting etc	To be able to balance and coordinate safely.	
		Revise and use fundamental movement skills – run, crawl, walk, jump, run, hop, skip, climb.	To develop core muscles for good posture.					