



Knowledge and Skills Progression – Physical Development



	Nursery	Reception
<u>Writing</u> Handwriting – letter formation	Shows a preference for a dominant hand and uses a comfortable grip with good control when holding pens and pencils. Writes some letters accurately.	Develop the foundations of a handwriting style by using a tripod grip to form lower-case and capital letters correctly.
<u>Humankind</u> Human form	A human body normally includes a head, body, arms, legs, hands, feet, fingers and toes. Use a variety of marks to represent the human form, from observation, imagination or memory.	A human body normally has a head, neck, body, two arms, two legs, two hands, two feet, five fingers and five toes. A human face has two eyes, a nose and a mouth. Represent different parts of the human body from observation, imagination or memory with attention to some detail.
Staying safe	It is important to listen to adults and follow simple rules and procedures when using equipment and tools. Show an understanding that tools and equipment need to be used safely and collaborate with others when moving large equipment.	Rules keep us safe when using equipment. Safety rules include always listening carefully and following simple instructions, using equipment only for the tasks they are designed for and washing hands before touching food. Follow rules and instructions to keep safe.
<u>Processes</u> Gymnastics	Travel with confidence and skill around, under, over and through balancing and climbing equipment; stands on one foot momentarily when shown.	Demonstrate balance, strength, fluency of movement and coordination when using play equipment and develop core muscle strength.
Athletics	Negotiate space successfully when running, jumping, hopping, skipping and throwing.	Adjust speed when running, and jump off objects and land successfully.
Sending and striking	Throw, catch, pat, aim, bat and kick a large ball.	Pat, throw, kick, pass, aim, bat and catch different sized balls with increasing control
Team games	Join in with games that include racing, chasing, balancing, riding (scooters, trikes and bikes) and ball skills.	Develop body strength, coordination, balance and agility and join in with or make up games that involve energetic movements, such as jumping, skipping, hopping, running and climbing.
Dance	Experiment with different ways of moving the body and begin to remember sequences and patterns of movement related to music and rhythm. Uses large muscle movements to wave flags and streamers.	Move energetically and repeatedly, with improved fluency, control and grace when dancing and moving in time to music.
<u>Creativity</u> Evaluation	Take part in different games and activities and begin talk about ones that they like	
Creation	Use a range of media, tools and techniques to create images, express ideas and show different emotions.	Different types of art include painting, drawing, collage, textiles, sculpture and printing. Create art in different ways on a theme, to express their ideas and feelings
Investigation	Tools have different purposes. For example, scissors are used for cutting and glue is used for sticking. Explore simple tools within practical tasks and experiment with joining materials.	Different tools are needed for different tasks. For example, pencils and paper are needed for drawing pictures. Choose and explore appropriate tools for simple practical tasks.
<u>Materials</u> Malleable materials	Explore ways of changing the shape or texture of malleable materials.	Materials can be soft and easy to shape, like dough, or harder and more difficult to shape, like wire. Manipulate malleable materials into a variety of shapes and forms using their hands and other simple tools.
Paper and fabric	Paper and fabric can be cut and torn and joined together using glue. Use a variety of paper and fabric to make images.	Papers and fabrics can be used to create art, including tearing, cutting and sticking. Cut, tear, fold and stick a range of papers and fabrics.

Printing	Make simple prints using fingers, hands, feet and found objects.	Make simple prints using a variety of tools, including print blocks and rollers.
Pencil, ink, charcoal and pen	Different types of line include bumpy, zigzag, curvy and dotted. Make continuous lines and closed shapes using drawing materials to represent their ideas and make patterns.	Different types of line include thick, thin, straight, zigzag, curvy and dotted. Select appropriate tools and media to draw with.
<u>Nature</u> Outdoor or adventurous activities	Travel with confidence and skill around, under, over and through equipment and different terrains, such as climbing steps, stairs and apparatus using alternate feet.	Move confidently in a range of ways and safely negotiate space, obstacles and terrains.
<u>Place and Space</u> Landscapes	Create pictures of places from imagination or experience.	A painting of a place is called a landscape. Draw or paint a place from observation or imagination.