

ALDERMAN 'S GREEN PRIMARY SCHOOL – PROGRESS MODEL – PHYSICAL DEVELOPMENT

Area	Reception Expectations	Nursery Expectations	Pre-Nursery Expectations
Gross Motor Skills	<p>Negotiate space and obstacles safely, with consideration for themselves and others</p> <p>Demonstrate strength, balance and coordination when playing</p> <p>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>	<p>Remember sequences and patterns of movements which are related to music and rhythm</p> <p>Be increasingly independent as they dressed/undressed for example putting coats on and doing up zips.</p> <p>Be increasingly independent in meeting their own care needs e.g. brushing teeth, using the toilet, washing and drying hands.</p>	<p>Climb confidently, catch a large ball, pedal tricycle</p> <p>Show an increasing desire to be independent, such as wanting to feed themselves and dress or undress</p>
Fine Motor Skills	<p>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>	<p>Use a comfortable grip with good control when holding pens and pencils.</p> <p>Start to eat independently and learning how to use a knife and fork.</p>	<p>Explore different materials and tools</p> <p>Use small motor skills to do things independently, for example manage buttons and zips and pour drinks</p>