



## FS Curriculum Progression - Physical development

FS1	Baseline (On Entry- Age 3)	Dec	April	End of Preschool "Goals"	FS2	Baseline (Sept)	Autumn (Dec)	Spring (April)	ELG (July)
Healthy living and hygiene	I can use the toilet with help	I can use the toilet independently	I can manage my toileting needs e.g. using the toilet, washing and drying hands I can handle some of my own hygiene needs e.g. teeth brushing, hand washing	I can use the toilet Independently (Inc. hygiene) and am usually dry throughout the day I can make healthy choices	FS2				
Gross Motor Skills	I can climb confidently	I can run, jump and hop I can climb stairs using alternate feet	I can decide how to match my movements to the task e.g. run to play chase, crawl through a tunnel, etc. Negotiating space and showing consideration for myself and others	I can balance (balance bikes, scooters, climbing) I can skip, hop and stand on one leg I can use large scale muscle movements	FS2 Gross Motor	I can climb stairs using alternate feet I can develop movement (using age appropriate bikes, scooters etc.) I can work with others to manage large items	I can use lots of different ways of moving appropriately I can climb over, under and through obstacles	I can throw, kick, pass and catch a large ball I can move and use both large and smaller scale equipment (building blocks etc)	I can travel around space and obstacles safely I can show strength, balance and co-ordination in movement I can move in different ways- run, jump, skip, climb
Fine Motor Skills	I am starting to use my motor skills to carry out tasks e.g. pouring drinks and exploring tools (playdough tools etc.)	I can show a preference for a dominant hand and begin to show accuracy and care when drawing.	I can start to open my packed lunch, crisp packets, yogurt's etc. I can start to manage zips, putting on coats etc.	I can use one handed tools confidently I can use a comfortable grip with good control when using pencils	FS2 Fine Motor	I show a preference for a dominant hand with a comfortable pencil grip I can draw a picture	I can show good pencil control when mark making and drawing I can use cutlery and other one handed equipment	I can sit at a table to write I can hold a pencil in a tripod grip I can use scissors	I can hold a pencil effectively (tripod) I can use a range of tools e.g. scissors I can draw with accuracy