



Physical Development Skills Progression in FS1

	Autumn Term	Spring Term	Summer Term
Gross Motor Skills	<p>Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.</p> <p>Go up steps and stairs, or climb up apparatus, using alternate feet.</p> <p>Skip, hop, stand on one leg and hold a pose for a game like musical statues.</p> <p>Use large-muscle movements to wave flags and streamers, paint and make marks.</p>	<p>Start taking part in some group activities which they make up for themselves or in teams.</p> <p>Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to walk, crawl or run across a plank, depending on its length.</p>	<p>Choose the right resource to carry out their own plan. For example, choosing a spade to enlarge a small hole they dug with a trowel.</p> <p>Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks.</p> <p>Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm.</p>
Fine Motor Skills	<p>Develop manipulation and control.</p> <p>Use one-handed tools and equipment, for example, making snips in paper with scissors.</p>	<p>Use a comfortable grip with good control when holding pens and pencils.</p>	<p>Show preference for a dominant hand.</p> <p>Develop their small motor skills so that they can use a range of tools competently, safely and confidently, including: pencils for drawing and writing, paintbrushes, scissors, knives, forks and spoons.</p>
Health and Self-Care	<p>Learn to use the toilet with help, and then independently.</p> <p>Start eating independently and learning how to use a knife and fork.</p>	<p>Be increasingly independent as they get dressed and 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 their hands thoroughly.</p>	<p>Make healthy choices about food, drink, activity and tooth brushing.</p> <p>Further develop the skills they need to manage the school day successfully:</p> <ul style="list-style-type: none"> -lining and queuing up -personal hygiene -mealtimes