



## Physical Development Skills Progression in FS1

	Autumn Term	Spring Term	Summer Term
	<p>I can move in different ways such as balancing, riding (scooters, trikes and bikes)</p> <p>I can demonstrate a range of ball skills</p> <p>I can go up steps and stairs, or climb up apparatus, using alternate feet</p> <p>I can Skip, hop, stand on one leg and hold a pose for a game like musical statues</p> <p>I can use large movements to wave flags and streamers, paint and make marks</p> <p>I can develop manipulation and control.</p> <p>I can use one-handed tools and equipment, for example, making snips in paper with scissors</p> <p>I can learn to use the toilet with help, and then independently</p> <p>I can begin to eat independently and learn how to use a knife and fork</p>	<p>I can begin to take part in some group activities and games</p> <p>I can choose which skills I will use for different activities (For example, they decide whether to walk, crawl or run across a plank, depending on its length)</p> <p>I can use a comfortable grip with good control when holding pens and pencils</p> <p>I can be independent as I get dressed and undressed, (for example, putting coats on and doing up zips)</p> <p>I can show preference for a dominant hand</p>	<p>I can choose the right resource to carry out my own plan (For example, choosing a spade to enlarge a small hole they dug with a trowel)</p> <p>I can work with others to manage large items, such as moving a long plank safely, carrying large hollow blocks</p> <p>I can use sequences and patterns of movements which are related to music and rhythm</p> <p>I can use my small motor skills to use a range of tools competently</p> <p>I can develop the skills I need to manage the school day successfully:</p> <ul style="list-style-type: none"> <li>-lining and queuing up</li> <li>-personal hygiene</li> <li>-mealtimes</li> </ul>