

Physical Development ELG: Gross Motor



1. Negotiate space and obstacles safely, with consideration for themselves and others

Pre-school	Nursery	Reception & ELG	Links to Year 1
<ul style="list-style-type: none"> Start to use stairs independently Build independently with a range of appropriate resources Use sit on toys, scooters and tricycles Enjoy moving when outdoors and indoors 	<ul style="list-style-type: none"> Go up steps and stairs or climb up apparatus using alternate feet Collaborate with others to manage large items, such as moving a long plank safely or moving crates Balance on a range of equipment Match their developing physical skills to tasks and activities within the setting eg, they decide whether to crawl, walk or run across a plank depending on its length and width Use large scale muscle movements Identify if something is safe to do Start taking part in some group activities which they make up for themselves and in teams Choose the right resources to carry out their own plan eg, choosing a spade to enlarge a hole they dug with a trowel 	<p style="text-align: center;">Negotiate space and obstacles safely, with consideration for themselves and others</p> <ul style="list-style-type: none"> Confidently and safely use a range of small and large apparatus – indoors and outdoors / alone and in a group Discuss need for rules and how to remain safe Show understanding of safety precautions Travel around space and obstacles safely Travel in different ways- run, jump, skip, climb 	<ul style="list-style-type: none"> Master basic movements Participate in team games

Key Vocabulary

Independent, space, obstacle, safe, safety, climb, balance, run, walk, crawl, jump, hop, move, movement, rules, travel, around, think, look, up, down, under, over, through

2. Demonstrate strength, balance and co-ordination

Pre-school	Nursery	Reception & ELG	Links to Year 1
<ul style="list-style-type: none"> Gradually gain control of their own body through continual practice of large-scale movements, such as <ul style="list-style-type: none"> Waving Kicking Rolling Crawling Walking Fit themselves into spaces e.g. tunnels, dens and large boxes and move around them Use large scale movements in outdoor sand, water and construction areas Build independently with a range of appropriate resources Move their body during squiggle Make marks on paper during squiggle 	<ul style="list-style-type: none"> Show some strength, balance and coordination when using large muscle movements Decide how to travel Stand on one leg Begin to copy squiggle moves, being able to cross the midline Begin to transfer these large movements on to paper 	<p style="text-align: center;">Demonstrate strength, balance and co-ordination</p> <ul style="list-style-type: none"> Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor Develop overall body strength, balance, coordination and agility Progress towards a more fluent style of moving, with developing control and grace Combine different movements with ease and fluency Develop overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education lessons and other physical disciplines including dance, gymnastics, sport and swimming and future fine motor disciplines, such as threading and writing Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball Accurately copy squiggle moves, able to cross the midline Accurately transfer these large movements on to paper 	<ul style="list-style-type: none"> Master basic movements Ball skills

Key Vocabulary

Strength, strong, balance, coordination, space, control, run, walk, crawl, hop, skip, jump, climb, move, movement, up, down, over, under, through

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3. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing

Pre-school	Nursery	Reception & ELG	Links to Year 1
<ul style="list-style-type: none"> Walk, run, jump and climb and start to use the stairs independently Spin, roll and independently use ropes and swings (for example, tyre swings) Move to music Clap and stamp to music Sit on a push-along wheeled toy, use a scooter or ride a tricycle Enjoy starting to kick, roll, throw and catch balls. 	<ul style="list-style-type: none"> Begin to run by walking more quickly Jump with both feet off the floor, but not together Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm Climb over, under, up and through obstacles with some guidance Continue to develop their movement, balancing, riding and ball skills Hop with one foot off the floor, sometimes holding on Attempt to skip Hold a pose for a game like musical statues 	<p>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing</p> <ul style="list-style-type: none"> Revise and refine the fundamental movement skills they have already acquired <ul style="list-style-type: none"> Rolling Crawling Walking Jumping (with two feet off the ground at the same time, over something and off something) Running (with two feet off the ground at the same time) Hopping Skipping Climbing (over, under, up and through obstacles with confidence) Move to music, follow a routine and explore the shapes my body can make. Further develop and refine a range of ball skills, including throwing, catching, kicking, passing, patting and aiming 	<ul style="list-style-type: none"> Participate in team games Basic movements Ball skills

Key Vocabulary

Energy, energetic, run, jump, hop, skip, walk, fast, slow, dance, climb, spin, roll, kick, throw, move, movement, balance, balancing, pose, throw, throwing, catch, catching, kick, kicking, pass, passing, pat, patting, aim, aiming, explore, shape, body, over, under, through, up, down

Assessment Tracker

Year Group	Term 1		Term 2		Term 3		Just Reception: ELG achieved?
	On track	Not on track	On track	Not on track	On track	Not on track	
Preschool							
Nursery							
Reception							