

Early Years Progression for Physical Development



Nursery	Reception
I can sit up comfortably on a chair (For example when eating snack/lunch/carrying out an activity in the classroom)	I can roll in a variety of ways. For example; stretched and tucked body rolls. Some children may be able to perform a forward roll
I can sit up comfortably on the floor for increasing lengths of time (for example when playing a game/completing an activity - up to 10 mins)	I can crawl with confidence
I can hop	I can walk and run with confidence, changing speed and direction safely
I can skip	I can perform a two footed jump
I can stand on one leg	I can hop confidently
I can hold a balance when playing a game	I can skip confidently
I can wave a streamer by using my whole arm and shoulder, leading to	I can climb freely and confidently
I can wave a streamer in a full circle with a straight arm and by using my shoulder	I can start to link 2 or three movements together with some fluency. For example, run and then jump while using PE apparatus.
I can wave two streamers in a full circle with straight arms using my shoulders	I can use my spatial awareness to safely use the space and the apparatus around me
I can go upstairs using alternative feet	I can use my core strength and co-ordination to hold a variety of balances on different points of my body for a short duration (up to 5 seconds)
I can climb on apparatus with increasing speed, control and confidence	I can throw a ball or a bean bag, underarm, with some control over aim and direction
I can swing on bars with my feet off the ground with support	I can begin to develop hand eye co-ordination to catch a ball or beanbag.
I can swing on bars with my feet off the ground with independence	I can kick and pass a ball with some control over aim and direction.
I can ride a tricycle or scooter with a good level of control, using my feet/hands and core strength to alter my speed/direction	I can begin to develop the co-ordination to strike a ball/beanbag with a bat/racket