

Branton Community Primary School and Breamish Valley Community Nursery

Progression of physical/gross motor skills	Ages within Owl Class
<ul style="list-style-type: none"> • I can push my chest up with straight arms • I can sit comfortably on a chair for a short time (for example, when having my snack) • I can sit up on the floor comfortably for a short duration (for example, when listening to a story) • I can crawl • I can roll • I can jump with both feet off the ground • I can kick a large and light ball • I can run with independence • I can start to use stairs with independence • I can begin to climb on apparatus indoors and outdoors with some confidence, leading to • I can fit myself into spaces such as tunnels, dens and boxes and box around within them. • I can begin to balance as I climb and /or use apparatus indoors and outdoors • I can sit on a push along wheeled toy and use my feet to move myself, leading to I can ride a tricycle with pedals • I can carry items of reasonable weight (for example a small bucket with sand or water in) with two hands over a short distance 	2-3 years of age - nursery 1
<ul style="list-style-type: none"> • I can sit up comfortably on a chair (For example when eating snack/lunch/carrying out an activity in the classroom) • 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 hop • I can skip • I can stand on one leg • I can hold a balance when playing a game • I can wave a streamer by using my whole arm and shoulder, leading to • I can wave a streamer in a full circle with a straight arm and by using my shoulder I can wave two streamers in a full circle with straight arms using my shoulders I can go up stairs using alternative feet • I can climb on apparatus with increasing speed, control and confidence • I can swing on bars with my feet off the ground with support, leading to 	3-4 years of age - nursery 2

<ul style="list-style-type: none"> • I can swing on bars with my feet off the ground with independence • 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 	
<ul style="list-style-type: none"> • 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 crawl with confidence • I can walk and run with confidence, changing speed and direction safely • I can perform a two footed jump • I can hop confidently • I can skip confidently • I can climb freely and confidently • 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 use my spatial awareness to safely use the space and the apparatus around me • 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 throw a ball or a bean bag, underarm, with some control over aim and direction I can begin to develop hand eye co-ordination to catch a ball or beanbag. • I can kick and pass a ball with some control over aim and direction. 	<p>4-5 years of age - Reception</p>