



# Physical Development in Reception

	Autumn	Spring	Summer
Gross Motor Skills	<ul style="list-style-type: none"> <li>• Travel in lots of different ways like running, hopping, skipping, crawling and rolling with more control and coordination.</li> <li>• Change my speed and direction safely during games and outdoor play.</li> <li>• Stop my body quickly when a grown-up gives the signal.</li> <li>• Jump in different ways (forwards, sideways, off a small step) and land safely.</li> <li>• Balance on different parts of my body and stay steady.</li> <li>• Begin to pedal tricycles or balance bikes.</li> <li>• Aim, throw, roll and kick balls with more accuracy.</li> <li>• Stack, line up and balance blocks to build stable structures.</li> </ul>	<ul style="list-style-type: none"> <li>• Move confidently in different ways (running, hopping, skipping, sliding, stomping) with greater control and coordination.</li> <li>• Stop, start and change direction quickly and safely, especially during games and outdoor play.</li> <li>• Show improved spatial awareness when travelling around the playground, field and climbing equipment.</li> <li>• Use large equipment safely, including climbing frames, bikes, balls and PE apparatus, showing increasing confidence and control.</li> <li>• Balance along lines, stepping stones and different surfaces for longer periods, showing improved stability.</li> <li>• Travel over, under, around and through equipment with growing confidence.</li> <li>• Begin to show control when catching a large ball.</li> <li>• Begin to coordinate movements for simple team games such as aiming, passing, chasing and stopping.</li> <li>• Use bikes, trikes and scooters with better steering and control, navigating pathways independently.</li> <li>• Build strength through pushing, pulling, lifting and carrying during outdoor play and teamwork.</li> </ul>	<ul style="list-style-type: none"> <li>• Move confidently and safely in a range of outdoor spaces, choosing appropriate movements such as running, hopping, skipping, climbing, balancing and jumping.</li> <li>• Show good control when starting, stopping and changing direction during games, races and outdoor challenges.</li> <li>• Use space carefully, looking out for others and navigating pathways, tracks and uneven ground with growing independence.</li> <li>• Develop our ball skills by rolling, kicking, throwing and catching with increasing accuracy and control.</li> <li>• Show increasing accuracy when catching a medium-sized ball.</li> <li>• Take part in simple team games, following rules, taking turns and encouraging our teammates.</li> <li>• Build stamina by joining in longer periods of active play, running games, obstacle courses and outdoor adventures.</li> <li>• Use large equipment safely and confidently, including climbing frames, bikes, scooters, balance beams, tyres and crates.</li> <li>• Work together to move and carry equipment such as crates, planks, tyres and natural materials when building dens, obstacle courses or outdoor structures.</li> </ul>

		<ul style="list-style-type: none"> <li>• Notice how our bodies change during exercise (heart beating faster, breathing harder, feeling warmer).</li> <li>• Use our Collaboration superpower to carry, move and tidy equipment safely.</li> <li>• Join in with movement activities such as Write Dance, 1st Moves and action rhymes using big, controlled movements.</li> </ul>	<ul style="list-style-type: none"> <li>• Talk about how our bodies feel before and after exercise, noticing changes like faster breathing, warm skin and a beating heart.</li> <li>• Learn how to stay safe and healthy in hot weather by drinking water, resting in shade and wearing hats.</li> <li>• Practise walking safely as a group on different terrain during outdoor visits and adventures.</li> </ul>
<p><b>Fine Motor Skills</b></p>	<ul style="list-style-type: none"> <li>• Join and separate small construction pieces by clicking and twisting them.</li> <li>• Dig using trowels and hand forks.</li> <li>• Squash, roll and press materials like dough using hands and tools such as rolling pins.</li> <li>• Cut carefully along lines with support from a grown up if needed using both hands together for coordinated tasks (e.g., holding paper while cutting).</li> <li>• Begin to use a comfortable grip when drawing and writing.</li> <li>• Begin to show hand preference more consistently.</li> </ul>	<ul style="list-style-type: none"> <li>• Weave, thread and tie using a range of small and large resources to strengthen our fingers.</li> <li>• Use small tools safely (hammers, hole punches, tweezers, pipettes, small construction pieces) with increasing control.</li> <li>• Strengthen our hand muscles by squeezing, rolling, pinching and shaping dough or clay.</li> <li>• Hold our pencils using a steady, comfortable grip to draw and begin forming letters.</li> <li>• Use scissors with growing accuracy, turning the paper and cutting along lines.</li> <li>• Use a secure tripod grip when drawing and writing as our control improves.</li> <li>• Form letters we have learned with increasing accuracy and confidence.</li> <li>• Thread smaller beads, complete more complex puzzles and use construction pieces with precision.</li> <li>• Use tools for a purpose — cutting, joining, building, shaping and creating.</li> </ul>	<ul style="list-style-type: none"> <li>• Strengthen our fingers through weaving, threading, tying, fastening and using small tools with increasing control.</li> <li>• Use tools safely and sensibly, such as scissors, hole punches, staplers, tweezers, pipettes and small construction pieces.</li> <li>• Use our cutting and joining skills with more accuracy and independence when building, creating and designing.</li> <li>• Follow simple steps when making models or solving small problems during construction and creative tasks.</li> <li>• Hold our pencil in a comfortable tripod grip to write with more control and confidence.</li> <li>• Write short sentences with recognisable letters formed correctly, using the fine motor strength we have built up all year.</li> <li>• Use careful hands outdoors when planting seeds, collecting natural objects or exploring minibeasts and textures.</li> <li>• Show accuracy and detail when drawing summer plants, animals, vehicles, people who help us or things that are special to us.</li> <li>• Become more independent with everyday tasks such as fastening zips, opening snack pots, using cutlery, packing bags and tidying equipment.</li> </ul>

<b>Self-care &amp; Independence</b>	<ul style="list-style-type: none"> <li>• Practise hanging up our coats and bags on our new pegs ready for the colder Autumn and Winter days.</li> <li>• Manage lunch times by learning to carry our own trays, sit safely at the dinner table and practice using cutlery with the support from our teachers.</li> <li>• Use the toilet with support if needed and wash our hands.</li> <li>• Begin to take responsibility for our belongings and classroom environment.</li> </ul>	<ul style="list-style-type: none"> <li>• Dress and undress more independently, including managing zips and simple fastenings.</li> <li>• Look after our belongings and classroom resources with less adult support.</li> <li>• Use cutlery with increasing control at lunchtime.</li> <li>• Follow hygiene routines such as washing hands, blowing our nose and brushing our teeth.</li> <li>• Take responsibility for our own self-care needs and ask for help when needed.</li> <li>• Prepare simple snacks safely — pouring, spreading and chopping soft foods.</li> <li>• Show confidence in organising our belongings and tidying our learning spaces.</li> <li>• Understand how to keep ourselves healthy through exercise, hygiene and making good choices.</li> </ul>	<ul style="list-style-type: none"> <li>• Look after our belongings and classroom resources independently.</li> <li>• Dress and undress with confidence, including managing fastenings, shoes and bags.</li> <li>• Use cutlery confidently at lunchtime.</li> <li>• Take responsibility for our own self-care needs and ask for help when needed.</li> <li>• Show confidence in organising our belongings and tidying our learning spaces.</li> <li>• Talk about how to keep ourselves healthy through exercise, hygiene, rest and staying safe in the sun.</li> <li>• Practise safe behaviours outdoors and on visits, including walking safely as a group and being aware of others.</li> </ul>
<b>Key Words &amp; Phrases</b>	Run, hop, skip, roll, balance, stop, start	Steer, climb, slide, twist, chase, pass, aim	Stamina, control, accuracy, navigate, coordinate, steady
<b>How Adults Support Pupils in PD</b>	<ul style="list-style-type: none"> <li>• Model safe movement and spatial awareness</li> <li>• Provide repeated motor patterns (Write Dance, Squiggle, Dough Disco)</li> <li>• Scaffold tool use (scissors, tweezers, pipettes)</li> <li>• Pre-teach routines for EAL learners</li> <li>• Provide daily fine-motor strengthening</li> <li>• Support independence with visuals and prompts</li> <li>• Model safe carrying and teamwork outdoors</li> </ul>		
<b>Experiences</b>	<ul style="list-style-type: none"> <li>• First Moves</li> <li>• Golden Mile</li> <li>• PE activities</li> <li>• Obstacle courses</li> <li>• Write Dance</li> <li>• Large-scale mark making outdoors</li> <li>• Walk to Wallsend Park</li> </ul>	<ul style="list-style-type: none"> <li>• PE activities</li> <li>• Golden Mile</li> <li>• Climbing challenges</li> <li>• Team games</li> <li>• Pedalling pathways</li> </ul>	<ul style="list-style-type: none"> <li>• PE activities</li> <li>• Golden Mile</li> <li>• Outdoor adventures</li> <li>• Den building</li> <li>• Long-distance walks</li> <li>• Planting and gardening</li> <li>• Walk to Wallsend Park</li> <li>• Farm Visit</li> </ul>

**By Summer,  
children will  
be ready for  
Year 1  
because they  
can:**

- Move safely and confidently in varied spaces
- Use tools with precision
- Hold a pencil in a secure tripod grip
- Write short sentences
- Manage dressing, hygiene and belongings independently
- Follow multi-step routines
- Show stamina and control in PE