

YR Steps through Learning Physical Development



Into Year One I can use equipment safely, confidently and with care. I have the skills I need to sit at a table and record my learning.



I show balance when moving.



I know how to achieve a good posture when sitting at a table or on the floor.



I know how to write my name with the letters formed properly.



I know some letters from each letter formation family and how to write them correctly.



I know how to choose how to move onto, along, across, over, under and off of equipment safely and according to my abilities.



I use space, tools and equipment safely, knowing why this is important.



I know how to jump and hop safely.



I know how to negotiate space in team games.



I draw recognisable pictures using a range of shape and line.



I am practising letter formation in formation families, practising letters from the same formation family together.

Straight down letters: l i t u y j
Down, up and over letters: r n m h b k p
Up, backwards and around letters: c o a d g q f e s
Diagonal letters: z x v w



I roll and throw balls and equipment more accurately.



I travel in a controlled and safe way.



I know how to use my fingers more fluently in finger rhymes.



I am refining my fine movements with pencils and small equipment:

E.g: dressing/undressing dolls, model making, construction kits using twisting, turning, threading using small beads and finer threads, plasticine, using cutlery.



I know how to move in different ways with increasing fluency and agility.



I can balance on stilts, pedal bikes and wheeled boards.



I am practising letter formation in formation families, practising letters from the same formation family together.

Straight down letters: l i t u y j
Down, up and over letters: r n m h b k p
Up, backwards and around letters: c o a d g q f e s
Diagonal letters: z x v w



I know how to balance on and use a range large equipment at different levels and angles.



I am beginning to use anticlockwise movements.



I know how to manipulate materials, such as: using play dough tools and skills using clay.



I am practising letter formation in formation families and refine the letters in names, practising letters from the same formation family together.
Straight down letters: l i t u y j
Down, up and over letters: r n m h b k p
Up, backwards and around letters: c o a d g q f e s
Diagonal letters: z x v w



I know how to use the language of direction as I move, make marks, patterns and letters.



I know how to aim, balance and transfer equipment:, such as: hoops, balls, bean bags, coits.



I can consistently use a pincer grip to pick up and hold small objects.



I hold and use my writing tool in a tripod grip.



I am practising the letters in my name gradually, practising letters from the same formation family together.
Straight down letters: l i t u y j
Down, up and over letters: r n m h b k p
Up, backwards and around letters: c o a d g q f e s
Diagonal letters: z x v w



I know how to copy and make drawing movements and patterns.



I know how to manipulate equipment and instruction by twisting and turning.



I am strengthening my core muscles further: tummy walk, balance and move using different parts of body



My large and small movements are becoming more controlled, following language of direction e.g: straight down, diagonally down/up, round, across, back. turn, twist.



I know how to manipulate materials: use skill fingers to pick small pieces of play dough and roll into small balls and sausages.



I can use my thumb and fingers in finger rhymes, such as Incy Wincy spider, rotating wrist.



I understand language of direction and movement: up, down, round, over, under



I know how to coordinate different parts of my body in movement.



I can copy and make drawing movements and patterns.



I am beginning to retrace vertical lines.



I know how to move in different ways, safely with spatial awareness, adjusting speed or direction to avoid obstacles.



I know how to paint within boundary of paper.



Use a pincer grip to pick up small objects.



I know how to use a comfortable grip when holding pens and pencils.



I know how to throw and catch a medium sized ball.



I move my lower arm, hands and fingers without moving my shoulders.



I know how to use one handed tools.



I cross the midline of my body using a range of equipment.