

N Steps through Learning Physical Development



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



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 know how to jump from a beam in the playground.



I know how to catch:
a. beanbag, a beach ball.



I use a pincer grip to pick up small objects with a reminder.



I can run safely in the playground, changing direction to avoid obstacles.



I know how to use my arms and hands to manipulate clothing and equipment.
(Practise using cutlery.)



I know how to move equipment safely with others.



I know how to climb using alternative feet, using my hands and body to stabilise.



I know how to balance on playground beams and becoming confident to use the climbing walls.



I can throw bean bags and balls - high, low, near, far



I can travel on, off, over and under equipment.



I know how to cross the midline of my body using a range of equipment, such as: ribbons in dance, paint, flags, chalk.



I am learning how to cross the midline of my body using a range of equipment, such as: ribbons in dance, paint, flags, chalk. E.g: if painting a line from left to right, they do not need to pass their paintbrush from one hand to the other.



I can move equipment safely.



I use a pincer grip to pick up small objects with a reminder.



I know how to use my arms and hands to manipulate clothing and equipment. Use velcro fastenings, put coat on - may need help to fasten bottom of zip, practise using cutlery.



I know how to manipulate materials: Roll sausages and balls between hands with play dough. Picks up small objects using thumb, forefinger and middle finger to pinch. Use thumb and fingers in finger rhymes.



Marks I make are becoming more controlled and I can draw different lines and circles, distinguishing between them. e.g. line, circle, zig zag, on different surfaces, such as; easels, wall paper, playground.



I know how to use fingers and thumbs in rhymes, including Tommy Thumb to identify and talk about skill fingers.



I am becoming familiar with language of direction and movement such as: up, down, round and round.



I am beginning to use one handed tools, such as: loop scissors.



I can move at different levels.



I know how to choose and use equipment safely.



I can jump off the floor.



Use tools to develop pincer grip to pick up small objects.



I can run safely in the playground, stopping to avoid obstacles.



I can jump off the floor.



I know how to Manipulate materials: tear, and scrunch paper balls to flick using skill fingers (laying on tummy)



I can run safely in the playground, stopping to avoid obstacles.



I know how to follow language of movement, such as: gallop, slither as they explore different ways to move.



I know how to manipulate materials: Squash, squeeze, pat p dough, and use two handed tools, such as a rolling pin, brooms.



Make marks with a range of tools and media (in and outside).



I know how to balance on outdoor equipment, such as: balance bikes and scooters.



I am beginning to choose and use equipment safely.



I know how to explore pulling, pushing and pressing equipment and materials.



I know how to use my body in action rhymes, mastering larger movements and extending to hands.



I know how to pedal a tricycle.



I know how to run on my whole foot



I know how to catch a large ball.



I jump into air with both feet leaving floor.



I climb confidently on the blocks outside, using 2 feet on each as I climb. I may need to hold a surface or hand for support



I sit comfortably on a chair (two feet on floor)



I know how to grasp, hold and explore materials and equipment, such as: brushes, spoons, finger paint.

If this is difficult, develop core muscles. (Dev matter p.65)
Birth to Five Matters (P.77,78,79)