

Skills progression Physical Development

**Our goals: I can explore moving in a variety of ways.
I can explore a variety of tools, safely.**



<p style="writing-mode: vertical-rl; transform: rotate(180deg);">I can explore moving in a variety of ways.</p>	<p>I can explore through running. I can take my coat off with help. I can explore large apparatus outside, with support. I can play a people game, with an adult. I can explore moving to music. I can explore using different apparatus for moving. I can take my coat off, sometimes by myself. I can watch other children when they move in different ways, sometimes I have a go.</p>	<p>I can run safely. I can take my coat off with help. I can explore large apparatus outside. I can join in with music and movement with my friends. I can push myself with my feet, on a bike. I can take my coat off. I can explore different ways of moving. I can explore using balls in different ways. I can move using a variety of different apparatus, for example pushing the pushchairs, the bikes and the trollies. I can put on a water apron, with prompting.</p>	<p>I can put on a coat, sometimes independently. I can climb the ladder for the slide. I can run alongside other children. I can play Hide and Seek. I can put on my coat independently. I can climb the dome. I can use the balance bikes. I can push and pull a variety of equipment, for example, the trolleys, wheelbarrows and pushchairs. I can jump off a small step safely. I can walk along a plank. I can walk along the wobble rope. I can run adjusting speed and direction, avoiding children and objects. I can move in different ways. I can use alternate feet on the climbing frame. I can kick a ball towards a target. I can stand on one foot.</p>
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">I can explore a variety of tools, safely.</p>	<p>I can explore different ways of making marks. I can explore different sensory experiences, with support. I can pour water from different containers. I can make a connections between the marks I make and my movements. I can join in finger and action songs. I can explore different sensory experiences. I can pour water from different containers, with some control.</p>	<p>I can explore using different mark making tools. I can show some control when using mark making tools. I can pour water from different containers, with control. I can explore a range of tools, for example, hammers, scissors etc. I can show control when using mark making tools. I can use a range of tools, for example, hammers, scissors etc, with some control.</p>	<p>I can use a toy hammer to go 'tap, tap, bang' safely. I can have a go at using one-handed tools. I can cut tape with support. I can thread a bead onto a pipe cleaner. I can keep myself safe using tools. I can use a hammer to go 'tap, tap, bang' safely. I can catch a ball. I can use a range of one-handed tools. I can cut the tape with a friend. I can thread a bead onto a string. I can use scissors with one hand. I can hold a pen or pencil, with a comfortable grip. I can sit for short period of time. I can cut tape independently. I can use tweezers to pick up small objects.</p>