

EYFS Skills Progression

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| 30-50 months | Physical Development | Moving and Handling | <p>To move freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.</p> <p>To mount stairs, steps or climbing equipment using alternate feet.</p> <p>To walk downstairs, two feet to each step, while carrying a small object.</p> <p>To run skilfully and negotiate space successfully, adjusting speed or direction to avoid obstacles.</p> <p>To stand momentarily on one foot when shown.</p> <p>To catch a large ball.</p> <p>To draw lines and circles using gross motor movements.</p> |
| | | Health and Self-Care | <p>To observe the effects of activity on their bodies.</p> <p>To understand that equipment and tools have to be used safely.</p> |
| | Expressive Arts and Design | Exploring and Using Media and Materials | <p>To enjoy joining in with dancing and ring games.</p> <p>To begin to move rhythmically.</p> <p>To imitate movement in response to music.</p> <p>To tap out simple repeated rhythms.</p> |
| | | Being Imaginative | <p>To develop preferences for forms of expression.</p> <p>To use movement to express feelings.</p> <p>To create movement in response to music.</p> <p>To capture experiences and responses with a range of media, such as music, dance and paint and other materials or words.</p> |
| 40-60 months | Physical Development | Moving and Handling | <p>To experiment with different ways of moving.</p> <p>To jump off an object and land appropriately.</p> <p>To negotiate space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.</p> <p>To travel with confidence and skill around, under, over and through balancing and climbing equipment.</p> <p>To show increasing control over an object in pushing, patting, throwing, catching or kicking it.</p> |
| | | Health and Self-Care | <p>To show understanding of the need for safety when tackling new challenges and consider and manage some risks.</p> |

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| | | | <p>To show understanding of how to transport and store equipment safely.</p> <p>To practice some appropriate safety measures without direct supervision.</p> |
| | Expressive Arts and Design | Being Imaginative | To initiate new combinations of movement and gesture in order to express and respond to feelings, ideas and experiences. |
| ELG | Physical Development | Moving and Handling | To show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing. |
| | | Health and Self-Care | To know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. |
| | Expressive Arts and Design | Being Imaginative | To represent their own ideas, thoughts and feelings through design and technology, art, music, dance, role play and stories. |