



St Monica's RC Primary School

Gross Motor Skills Progression Map

| General (also see other skill areas) | Riding a bike | Balancing | Ball Skills | Jumping | Climbing |
|---|--|--|---|---------|--|
| <p>Uses large muscle movements to wave flags and streamers, paint and make marks. Matches their developing physical skills to tasks and activities in the setting. For example they decide whether to walk, crawl or run across a plank, depending on its length and width.</p> | <p>Can 'walk' using a balance bike.</p> | <p>Stands on tiptoes</p> <p>Stands on 1 foot for 2 seconds</p> <p>Walks along a chalk line</p> | <p>Begins to throw a ball overhand</p> <p>Throws a ball underhand</p> <p>Catches a ball by chasing – does not necessarily respond to aerial ball</p> <p>Bounces a large ball</p> <p>Uses foot to tap static ball a small distance</p> | | <p>Going up steps and stairs placing both feet on one step at a time.</p> |
| | <p>Can use feet to scoot a balance bike and maintain balance</p> | <p>Walks along a low, wide balancing beam, sometimes needing to balance against an adult.</p> | <p>Kicks with one foot while swinging opposite arm</p> | | <p>Climbs up apparatus using two feet</p> |
| | <p>Can maintain balance whilst manoeuvring around corners.</p> | | <p>Catches a large ball between extended arms.</p> <p>Directly kicks to knock down a tower</p> <p>Walks towards to kick a ball</p> | | <p>Goes up steps and stairs, or climbing apparatus using alternate feet.</p> <p>Climbs above their own head height</p> |



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|--|--|---|---|--|--|
| <p>Progresses towards a more fluent style of moving, with developing control and grace</p> | <p>Stops a bike effectively using brakes</p> <p>Pedals and maintain balance for a few feet down a slight incline</p> | <p>Walks along a low wide balance beam independently.</p> <p>Holds a controlled static balance on one leg</p> | <p>Throws ball forward 10 ft in air and uses appropriate technique (moving arms up and back, using upper trunk rotation with arms and legs moving in opposition)</p> <p>Catches a large ball by bringing hands in towards chest</p> <p>Bounces and catches a large ball using 2 hands</p> <p>Walks towards and kicks a ball towards a target.</p> | <p>Jumps forward, taking off and landing on 2 feet showing increasing control</p> <p>Hops on one foot 3 to 5 times</p> | <p>Climbs up steps and stairs using alternate feet</p> <p>Climbs up apparatus using two feet</p> |
| <p>Moves around obstacles</p> | <p>Pedals and maintains balance for a few feet on a flat surface</p> <p>Can brake at a specific point with control</p> | <p>Walks along a low narrow balance</p> | <p>Hits a 2ft target from 5 ft away using underhand toss.</p> <p>Throws tennis ball underhand at least 10ft using trunk rotation and opposing arm/leg movement</p> <p>Bounces a tennis ball on the floor and catches it with 2 hands</p> <p>Runs towards and kick a ball</p> | <p>Jumps and truns in the air</p> <p>Hops on alternate feet up to 10 times</p> | <p>Performs different movements on a climbing frame such as swinging.</p> |



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|--|---|---|--|---|---|
| | | | Meet and kick a ball that is rolled towards them from a distance | | |
| Can gauge where a moving obstacle may be and move themselves appropriately before reaching it. | Can follow a sensible distance behind another rider Pedals and maintains balance while manoeuvring around obstacles Follows a path set by another rider | Balances on an unstable surface with increasing control | Can hit a target from more than 10 ft away using overarm toss Throw with accuracy Bounce a tennis ball and catch with 1 hand | Skips rhythmically | Confidently moves across the climbing equipment |
| ELG Negotiates space and obstacles safely, with consideration for themselves and others | | ELG Demonstrate strength, balance and co-ordination | | ELG Move energetically, such as running, jumping, dancing, hopping, skipping and climbing | |
| Provision Ribbon twirling, large scale mark making, bikes, scooters, trucks Outdoor skills – climbing, running | | Provision Obstacle courses, large scale den building/PE equipment – making own courses using outdoor equipment crates, planks etc Variety of bats and balls varying in size and material PE Passport lessons for Reception | | Provision Outdoor provision, climbing apparatus, crates, planks PE Passport lessons for Reception | |