



## Gross Motor Skills- ELG

### 1- Negotiate space and obstacles safely, with consideration for themselves and others

|    | 3 & 4 year olds  | Reception  | ELG                                      | Provisions  | Link to Yr I  |
|----|--|--|--|---|---|
| PD | Go up stairs and steps or climb using alternate feet<br>Collaborate with others to manage large items etc. | Confidently use a range of small and large equipment and obstacles | Negotiate space and obstacles            | Provide obstacle course equipment<br><br>Provide large scale building/ PE equipment=- make courses and use/ move etc.<br><br>PE lessons | Master basic movements<br><br>Participate in team games |
|    | Discussion over safety with children   | Discuss need for rules and how to remain safe                      | Show understanding of safety precautions |   |   |

### 2- Demonstrate strength, balance and co-ordination

|    | 3 & 4 year olds   | Reception  | ELG                                  | Provisions   | Link to Yr I                       |
|----|---|--|--------------------------------------|--|------------------------------------|
| PD | Match tasks to activities                               | Core muscles for good posture<br>Overall body skills<br>Movement fluency | Strength<br>Balance<br>Co-ordination | Ribbon twirling<br>Large scale mark making<br>Outdoor skills- climbing, running etc. | Basic movements<br><br>Ball skills |
|    | Use large movements e.g. streamers etc (shoulder pivot) |  |                                      |  |                                    |

### 3- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing

|    | 3 & 4 year olds  | Reception  | ELG   | Provisions   | Link to Yr I    |
|----|--|--|---|--|-----------------|
| PD | Develop movement including use of bikes, scooters etc. | Revise and use fundamental movement skills: roll, crawl, walk, jump, run, hop, skip, climb | Different movement styles- hopping, skipping, jumping, climbing, dancing, running | PE lessons   | Team games      |
|    | Skip, hop, stand on one leg- games                     |  |   | Outdoor provision  | Basic movements |
|    | Ball skills  | Ball skills: throwing, catching, kicking, passing, patting etc.                            |   | Bikes, scooters, moving vehicles<br><br>Large construction | Ball skills     |



## Fine Motor Skills- ELG

### 1- Hold a pencil effectively in preparation for writing (nearly always tripod grip)

|    | 3 & 4 year olds                          | Reception  | ELG  | Provisions   | Link to Yr I   |
|----|--|--|--|--|--|
| PD | Use a comfortable grip with good control | Develop a comfortable grip which shows good pencil and pen control | Hold pencil effectively- tripod grip                                     | Table and chairs at appropriate heights                          | Sit correctly at a table, holding a pencil comfortably and correctly<br><br>Begin to form lower-case letters in the correct direction, starting and finishing in the right place |
|    | Show a preference for a dominant hand    |  |  |  |  |
|    |  | Use core muscle strength to achieve good posture                   | Sit comfortably at a table to write- good posture                        | Correct pencils and grips to support grip- consider left handers |  |
|    |  | Develop the foundations of an appropriate handwriting style        | Form letters accurately using the correct movements (shoulder pivot etc) | Adult intervention where necessary                               |  |

### 2- Use a range of small tools e.g. scissors paint brushes, cutlery

|    | 3 & 4 year olds                                  | Reception  | ELG               | Provisions  | Link to Yr I  |
|----|--|--|-------------------|---|---|
| PD | Use one handed tools and equipment               | Develop small motor skills to use a range of tools competently | Using small tools | Appropriate tools and equipment- different sized paintbrushes, scissors, sticks, stampers, spreaders etc. | To use a range of materials creatively to design and make products<br><br>To develop a wide range of art and design techniques in using colour, pattern, texture, line, shape, form and space |
|    | Start to eat independently with a knife and fork |  |                   |   |   |
|    |  |  |                   | Funky fingers<br>Dough  |   |

### 3- Begin to show accuracy and care when drawing

|    | 3 & 4 year olds                                  | Reception   | ELG                            | Provisions  | Link to Yr I   |
|----|--|---|--------------------------------|---|--|
| PD | Draw with increasing complexity and detail (EAD) | Draw with increasing complexity and detail- develop good techniques | Accuracy and care when drawing | Art station with materials to allow independent art<br><br>Opportunities to practise art e.g. mud mark making to bring the skills back for pencil control | To use drawing, painting and sculpture to develop and share their ideas, experiences and imagination |

