KPS Progression of Skills

Gross/Fine Motor Curriculum Reception

	Check point 1 (Autumn)	Check point 2 (Spring)	Check point 3 (Summer)	ELG
Fine Motor	Begin to strengthen hand muscles in preparation for writing. To hold a pencil effectively much of the time (using a tripod grip in most cases). Begin to use cutlery correctly and effectively. Begin to cut up food. Start to use scissors safely and effectively when cutting paper/card etc. Cut along lines. Begin to cut out outlines. Join and separate small construction kit components by clicking and twisting.	To be holding a pencil effectively (using a tripod grip in most cases). Use cutlery correctly and effectively most of the time. Cut up food most of the time. Use scissors with increasing accuracy when cutting along lines and outlines. Use scissors with an effective hand hold and in a safe manner. Use a wider range of small tools e.g. paint brushes, pens, knives, forks and spoons. Develop an increase in accuracy when drawing and painting.	To hold a pencil correctly and effectively (using a tripod grip in most cases). Develop the foundations of a handwriting style which is fast, accurate and efficient. Provide lots of opportunities for drawing a variety of things including people with increasing detail – head, trunk, legs, arms, facial features. Use cutlery correctly and independently. To be able to cut up food in most situations. Use scissors safely and effectively with large amounts of control and accuracy.	Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases. Use a range of small tools, including scissors, paintbrushes and cutlery. Begin to show accuracy and care when drawing. Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing.

	To begin to put on and take off coats independently	To put on and take off coats independently and zipping/unzipping independently.	Use tools with precision e.g. with clay. Use a range of tools to dismantle mechanisms e.g. lego Develop their ability to manipulate small objects to create the desired outcome e.g. split pins, opening things etc.	Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.
Gross Motor	Move safely in a large space, negotiating obstacles . Change direction. Stop quickly. Walk along narrow lines and benches. Being to have an awareness of movement and standing still, with balance and coordination. Begin to get changed independently and negotiate	Recognise body changes during exercise. Travel across simple obstacle courses. Control small games equipment when transporting, collecting and throwing. Move with increasing control and accuracy when running, jumping, hopping, crawling etc. To get changed more independently and to be undoing most fastenings	Move energetically and safely around different spaces negotiating the space. Control and steer a ball by hand. Aim, roll, track and collect a ball. Bounce a ball on the spot or on the move. Roll or throw a ball underarm at a target. Kick a ball To get dressed and undressed independently.	

	taking off different items of clothings.	e.g. buttons, zips	Combine different movements with ease and fluency.	
Vocab	Scissors, pencil, grip, risk, narrow, balance, dig, balance, static, Forwards, Backwards	hop, run, walk,	balance, hop, throw, Catch, ,effective, grip, run, bend, travel, dribble, kick, score, point, stop, win, lose, roll	
Key Texts: Playdough on Strike: Jennifer Jones and Korky Paul Press here: Herve Tullet Winnie and Wilbur, The witches sport day: Valerie Thomas				