



ST. ALBAN'S CATHOLIC PRIMARY SCHOOL
GROSS MOTOR SKILLS
PROGRESSION OF SKILLS

Behaviour	Body Movement	Climbing	Balance and Co-ordination	Resources to Facilitate Play
<p align="center">Extended Skill</p>	<p>Roll with control, confidence and precision Walk for longer periods and aware of space</p> <p>Jump on 2 feet with control, confidence and for longer periods Jump and turn 180</p> <p>Begin to jump with a rope</p> <p>Can run avoiding obstacles, with greater control, adjust and stop speed</p> <p>Confidently throw a ball with accuracy to another person</p> <p>Confidently catch a ball from another person</p> <p>Can queue in a line being aware of others' space Experiments and chooses ways to move through and travelling on apparatus</p>	<p>Crawl with control, confidence and precision</p> <p>Climb on apparatus with control, confidence and precision</p> <p>Confidently climbs up steps using alternate feet</p>	<p>Hop with greater balance, control and for longer periods</p> <p>Skip with greater balance, coordination and for longer periods</p> <p>Confidently ride a scooter</p> <p>Confidently ride a tricycle and bike with or without stabilisers</p> <p>Make up own simple dance routine or sequence</p> <p>Hit a ball with a bat with greater accuracy</p>	<p>Scooters Bicycles, stabilizers, balance bikes Helmets Tunnels Dens, tents Large boxes Crates Tyres Balance beams Stilts Stepping stones Logs Climbing equipment/frame Large building blocks Bats Balls Quoits Scarves, flags, streamers Hoops Skittles Parachute Soft play equipment Slopes, hills, steps</p>



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<p align="center">Developing skill</p>	<p>Throw a ball with increasing accuracy</p> <p>Roll a ball with increasing accuracy</p> <p>Catch a ball with increasing accuracy</p> <p>Jump across stepping stones</p> <p>Collaborate with others to manage moving large items such as planks safely</p> <p>Wave flags or streamers with greater control</p>	<p>Crawl with increasing control and confidence</p> <p>Climb on apparatus with increasing control and confidence</p> <p>Climb up steps using alternate feet with increasing accuracy and confidence</p>	<p>Able to use and remember sequences and patterns of movements relating to music and rhythm</p> <p>Begin to hit a ball with a bat</p> <p>Ride a scooter or a tricycle with increasing control</p> <p>Skip with increasing control</p> <p>Hop with increasing control</p> <p>Stand on one leg for a longer period</p>	<p>Scooters</p> <p>Tricycles</p> <p>Bicycles, stabilizers, balance bikes</p> <p>Helmets</p> <p>Tunnels</p> <p>Dens, tents</p> <p>Large boxes</p> <p>Crates</p> <p>Tyres</p> <p>Balance beams</p> <p>Stilts</p> <p>Stepping stones</p> <p>Logs</p> <p>Climbing equipment/frame</p> <p>Large building blocks</p> <p>Bats</p> <p>Balls</p> <p>Quoits</p> <p>Scarves, flags, streamers</p> <p>Hoops</p> <p>Skittles</p> <p>Parachute</p> <p>Soft play equipment</p> <p>Slopes, hills, steps</p>



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Behaviour	Body Movement	Climbing	Balance and Co-ordination	Resources to Facilitate Play
Emerging Skill	Throw a ball Roll a ball Begin to catch a ball Jump on and off a small step	Begin to climb up steps, or apparatus using alternate feet	Ride a scooter or a tricycle with some assistance Make attempts to skip and hop Begin to stand on one leg Can copy sequences and patterns of movements relating to music and rhythm	Scooters Tricycles Bicycles, stabilizers, balance bikes Helmets Tunnels Dens, tents Large boxes Crates Tyres Balance beams Stilts Stepping stones Logs Climbing equipment/frame Large building blocks Bats Balls Quoits