



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

<b>Behaviour</b>	<b>Body Movement</b>	<b>Climbing</b>	<b>Balance and Co-ordination</b>	<b>Resources to Facilitate Play</b>
<p align="center"><b>Extended Skill</b></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"><b>Developing skill</b></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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<b>Emerging Skill</b>	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