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| **EYFS Curriculum Goals** | **Entry Profile****Children can:** | **First Milestone****Children can:** | **Second Milestone****Children can:** | **Third Milestone****Children can:** | **ELG** | **Links to other areas of learning** | **Year 1** |
| **Physical Development: Gross Motor Skills** | **To be ready to learn by developing a strong body and mind.**  | Begin to show awareness of how to play safely inside and outdoors.  | Understand how to play safely and show consideration for the safety of others. | Progress towards a more fluent style of moving, developing their ability to move with control and grace. | Consistently move with fluency, grace confidence and accuracy, ensuring the safety of themselves and others.  | Negotiate space and obstacles safely, with consideration for themselves and others.  |  |  |
| Begin to show their developing strength and balance using appropriate resources (trikes, scooters, large balls). | Engage in opportunities to develop overall body strength, both indoors and outdoors.  | Continue to develop overall body strength to begin to achieve good posture when sitting on the floor or at a table. | Develop the overall body strength, coordination, balance, and agility needed to engage in physical disciplines.  | Demonstrate strength balance and coordination when playing. |  |  |
| Explore different ways of moving within their play, both indoors and outdoors.  | Confidently engage in movement play, exploring the different ways we can move our bodies.  | Revise and refine the fundamental movement skills they have already acquired, such as rolling, crawling, and skipping.  | Consistently display confidence, competence, precision, and accuracy when engaging in these movement-based skills.  | Move energetically, such as running, jumping, dancing, hopping, skipping, and climbing.  |  |  |

