

PE Progression of Early Years: moving and handling physical development

Moving and handling physical development

Although children attend our Nursery from 3 years old (36 months) it is important for everyone involved in their development to understand age appropriate developmental milestones.

The tables below set out what you should be observing a child doing at each stage, if they are developing typically for their age.

Age	Typical Behaviour
Birth to 11 months	<ul style="list-style-type: none">Turns head in response to sounds and sights.Gradually develops ability to hold up own head.Makes movements with arms and legs which gradually become more controlled.Rolls over from front to back, from back to front.When lying on tummy becomes able to lift first head and then chest, supporting self with forearms and then straight arms.Watches and explores hands and feet, e.g. when lying on back lifts legs into vertical position and grasps feet.Reaches out for, touches and begins to hold objects.Explores objects with mouth, often picking up an object and holding it to the mouth.
8 to 20 months	<ul style="list-style-type: none">Sits unsupported on the floor.When sitting, can lean forward to pick up small toys.Pulls to standing, holding on to furniture or person for support.Crawls, bottom shuffles or rolls continuously to move around.Walks around furniture lifting one foot and stepping sideways (cruising), and walks with one or both hands held by adult.Takes first few steps independently.Passes toys from one hand to the other.Holds an object in each hand and brings them together in the middle, e.g. holds two blocks and bangs them together.Picks up small objects between thumb and fingers.Enjoys the sensory experience of making marks in damp sand, paste or paint.Holds pen or crayon using a whole hand (palmar) grasp and makes random marks with different strokes.
16 to 26 months	<ul style="list-style-type: none">Walks upstairs holding hand of adult.Comes downstairs backwards on knees (crawling).Beginning to balance blocks to build a small tower.Makes connections between their movement and the marks they make.

<p>22 to 36 months</p>	<ul style="list-style-type: none"> • Runs safely on whole foot. • Squats with steadiness to rest or play with object on the ground, and rises to feet without using hands. • Climbs confidently and is beginning to pull themselves up on nursery play climbing equipment. • Can kick a large ball. • Turns pages in a book, sometimes several at once. • Shows control in holding and using jugs to pour, hammers, books and mark-making tools. • Beginning to use three fingers (tripod grip) to hold writing tools. • Imitates drawing simple shapes such as circles and lines. • Walks upstairs or downstairs holding onto a rail two feet to a step. • May be beginning to show preference for dominant hand.
<p>30 to 50 months</p>	<ul style="list-style-type: none"> • Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping. • Mounts stairs, steps or climbing equipment using alternate feet. • Walks downstairs, two feet to each step while carrying a small object. • Runs skillfully and negotiates space successfully, adjusting speed or direction to avoid obstacles. • Can stand momentarily on one foot when shown. • Can catch a large ball. • Draws lines and circles using gross motor movements. • Uses one-handed tools and equipment, e.g. makes snips in paper with child scissors. • Holds pencil between thumb and two fingers, no longer using whole-hand grasp. • Holds pencil near point between first two fingers and thumb and uses it with good control. • Can copy some letters, e.g. letters from their name.
<p>40 to 60+ months</p>	<ul style="list-style-type: none"> • Experiments with different ways of moving. • Jumps off an object and lands appropriately. • Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. • Travels with confidence and skill around, under, over and through balancing and climbing equipment. • Shows increasing control over an object in pushing, patting, throwing, catching or kicking it. • Uses simple tools to effect changes to materials. • Handles tools, objects, construction and malleable materials safely and with increasing control. • Shows a preference for a dominant hand. • Begins to use anticlockwise movement and retrace vertical lines. • Begins to form recognisable letters. • Uses a pencil and holds it effectively to form recognisable letters, most of which are correctly formed.

Early learning goal – moving and handling

Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing