

PD Gross Motor Progression Map

	Roll, crawl, walk
	Squat momentarily
	Shift body weight to improve stability
Nursery Pacer Autumn 1	Jumps up into the air with both feet leaving the floor
	Can jump forward a small distance
	Squat with steadiness
	Balance on one foot
Nursery Pacer Autumn 2	Use large-muscle movements to wave flags and streamers etc
	Climb stairs with alternative feet
	Kick a stationary ball with either foot
Nursery Pacer Spring 1	Use large-muscle movements to paint and make marks
	Grasp and release with two hands to throw and catch a large ball, beanbag or an object
	Lift and carry objects on different levels (slopes, stairs)
Nursery Pacer Spring 2	Catch a large ball by using two hands and chest to trap it
	Throw a ball with increasing force
	Move and balance on different surfaces
	Move in different ways (spin, rock, tilt, fall, slide and bounce)
Nursery Pacer Summer 1 a1	Collaborates with others to manage and move large items
	Use and respond to vocabulary that describes movement and directionality
	Pat / hit / kick a ball
	Land with two feet
Nursery Pacer Summer 2	Throw and catch a ball with accuracy
	Hop on one leg
Reception Pacer Autumn 1	Run with spatial awareness and negotiates space successfully, adjusting speed or direction to avoid obstacles
	Develop control over a ball
	Develop basic gross motor movements – running, jumping, throwing and catching
	Develop agility in a range of activities.
Reception Pacer Autumn 2	Move over, under, through and around equipment
	Experiments with different ways of moving, testing out ideas and adapting movements to reduce risk
	Throw with an underarm pass
	Jumps off an object and lands appropriately using hands, arms and body to stabilise and balance
Reception Pacer Spring 1	Chooses to move in a range of ways, moving freely and with confidence making changes to body shape, position and pace of movement
	Develop balance and core stability
	Move with control over obstacles
	Skip with a rope
	Develop gross motor control and grace



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Reception Pacer Spring 2	Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles
	Hit a moving ball
	Hit a target (or space) with a ball
Reception Pacer Summer 1	Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor
	Combine different movements with ease and fluency
	Dance / move to music
	Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball
Reception Pacer Summer 2	Demonstrates Strength, balance and coordination when playing