

## EYFS Physical Development Milestones

	<b>Milestone 1 (end of Autumn 1)</b>	<b>Milestone 2 (end of Spring 1)</b>	<b>Milestone 3 (end of year)</b>
<b>Strength</b>	<ul style="list-style-type: none"> <li>• Takes weight on hands and knees, tummy down, like a table.</li> <li>• Can lift up one foot or hand at a time.</li> <li>• Hands on a bar using hands.</li> <li>• Stands on a floor marker on two feet, bends down and picks an object up from the floor.</li> <li>• Can push a tyre along the ground.</li> <li>• Jumps with two feet along a line of floor markers.</li> <li>• Passes a balloon from hands to feet and back again while lying on back.</li> </ul>	<ul style="list-style-type: none"> <li>• Takes weight on hands and feet, tummy up (back straight, no sagging).</li> <li>• Can lift up one foot or hand at a time.</li> <li>• Hangs on a bar and lifts up a bent leg.</li> <li>• Stands on a floor marker on one leg, bends down and picks up an object from the floor.</li> <li>• Picks up a tyre and pushes it along the floor.</li> <li>• Jumps from side to side along a skipping rope.</li> <li>• Passes a beach ball from hands to feet and back again while lying on back.</li> </ul>	<ul style="list-style-type: none"> <li>• Takes a tummy up position, with hands and feet on the floor, moving around the space.</li> <li>• Hangs on a bar and lifts up alternate legs, like marching in the air.</li> <li>• Stands on a floor marker while bending down to pick up objects placed in different positions at varying distances from the marker.</li> <li>• Can flick over a tyre and repeat, moving it from one end of a small space to another.</li> <li>• Can play French skipping over an elastic band.</li> <li>• Can walk a large therapy ball up and down a wall with feet while lying on back (knees bent).</li> </ul>
<b>Gross motor</b>	<ul style="list-style-type: none"> <li>• Can walk backwards and sideways</li> <li>• Shows good spatial awareness</li> <li>• Walks up stairs, putting one foot on each step</li> <li>• Can jump on two feet</li> <li>• Pedals a tricycle</li> <li>• Can catch a balloon</li> </ul>	<ul style="list-style-type: none"> <li>• Climbs on play equipment</li> <li>• Walks up and down stairs, with one foot on each step</li> <li>• Claps in time to music</li> <li>• Can catch, kick, throw and bounce a ball</li> <li>• Can use a balance bike</li> <li>• Can hop and march</li> <li>• Uses a variety of different playground equipment</li> </ul>	<ul style="list-style-type: none"> <li>• Can balance on one foot for a short time</li> <li>• Plays ball games</li> <li>• Is able to gallop</li> <li>• Walks along a low balance beam</li> <li>• Is able to skip</li> <li>• Can ride a bike without stabilisers</li> <li>• Uses core muscle strength to sit up straight at a table</li> </ul>
<b>Fine motor</b>	<ul style="list-style-type: none"> <li>• Holds a pencil with fingers in proper position</li> <li>• Paints with a crayon or brush, often covering the whole page</li> <li>• Cuts with scissors but not always in a straight line</li> <li>• Can thread large beads onto a lace</li> <li>• Builds a tower with six or more blocks</li> <li>• Can copy a circle</li> <li>• Enjoys floor play with bricks, boxes, trains, cars and small world figures</li> </ul>	<ul style="list-style-type: none"> <li>• Threads small beads onto a lace</li> <li>• Builds a tower of ten or more bricks</li> <li>• Can build with other construction toys</li> <li>• Draws a house</li> <li>• Copies the capital letters O, V and H</li> <li>• Is beginning to fasten buttons and zips</li> <li>• Draws a person with head, legs, body and (usually) arms and fingers</li> </ul>	<ul style="list-style-type: none"> <li>• Threads a large needle and stitches real stitches</li> <li>• Copies the capital letters V, T, H, O, X, L, A, C, U and Y</li> <li>• Uses brushes, crayons and pencils with control</li> <li>• Uses a knife and fork competently</li> <li>• Uses tools to make things</li> </ul>