

Rural Church Schools Academy Trust
Gross Motor Skills Progression



	2 years old	3 years old	Reception
Locomotor	<p>Walk with one foot in front of the other</p> <p>Run</p> <p>Stop safely</p> <p>Jump on two legs on the spot</p>	<p>Tip-toe,</p> <p>Climb well</p> <p>Try to stand on one foot,</p> <p>Gallop</p> <p>Jump confidently</p> <p>Kick a ball (to anywhere)</p> <p>Try to skip</p> <p>Pedal a trike</p>	<p>Leap</p> <p>Hop</p> <p>Skip</p> <p>Run</p> <p>Walk backwards</p> <p>Move around targets and objects with ease</p> <p>Ride a scooter and bike</p>
Manipulative	<p>Bounce (their hands on their knee, hands on their head)</p> <p>Lift items up and lower them down</p> <p>Push wheeled toys</p> <p>Throw a ball (anywhere, not a target)</p>	<p>Kick a ball to a target</p> <p>Catch a large ball</p> <p>Pulling a wheeled toy</p> <p>Throwing whilst aiming for a target</p> <p>Skittles</p>	<p>Dribble with a ball</p> <p>Strike</p> <p>Catch arrange of objects eg tennis balls, foam balls, beanbags,</p> <p>Throw overhead</p> <p>Kick a ball around a target</p> <p>Play garden games - hoopla, giant jenga etc</p>
Stability	<p>Stand still/freeze when on two legs</p> <p>Ride on toys with 4 wheels - balance and begin to move self along with legs.</p>	<p>Jumping from one foot to another</p> <p>Bend to touch toes without falling over</p> <p>Twist midsection to left and right Balance on a three wheeled toy</p>	<p>Dodging when running</p> <p>Landing a jump with bent knees</p> <p>Forward roll</p> <p>Ride a scooter or balance bike with confidence and safety.</p>