

	Moving and Handling			Health and self-care		
22-36 months	1	Runs safely on whole foot.		1	Feeds self competently with spoon.	
	2	Squats with steadiness to rest or play with object on the ground, and rises up to feet without using hands.		2	Drinks well without spilling.	
	3	Climbs confidently and is beginning to pull themselves up on nursery play climbing equipment.		3	Clearly communicates their need for potty or toilet.	
	4	Can kick a large ball.		4	Beginning to recognise danger and seeks support of significant adults for help.	
	5	Turns pages in a book, sometimes several at once.		5	Helps with clothing, e.g. puts on hat, unzips zipper on jacket, takes off unbuttoned shirt.	
	6	Shows control in holding and using jugs to pour, hammers, books and mark-making tools.		6	Beginning to be independent in self-care, but still often needs adult support.	
	7	Beginning to use three fingers (tripod grip) to hold writing tools.				
	8	Imitates drawing simple shapes such as circles and lines.				
	9	Walks upstairs or downstairs holding onto a rail two feet to a step.				
	10	May be beginning to show preference for dominant hand.				
30-50 months	1	Moves freely and with pleasure and confidence in a variety of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.		1	Can tell adults when hungry or tired or when they want to rest or play.	
	2	Mounts stairs, steps or climbing equipment using alternate feet.		2	Observes the effects of activity on their bodies.	
	3	Walks downstairs, two feet to each step while carrying a small object.		3	Understands that equipment and tools have to be used safely.	
	4	Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles.		4	Gains more bowel and bladder control and can attend to toileting needs most of the time themselves.	
	5	Can stand momentarily on one foot when shown.		5	Can usually manage washing and drying hands.	
	6	Can catch a large ball.		6	Dresses with help, e.g. puts arms into open-fronted coat or	

	7	Draws lines and circles using gross motor movements.		shirt when held up, pulls up own trousers, and pulls up zipper once it is fastened at the bottom.	
	8	Uses one-handed tools and equipment, e.g. makes snips in paper with child scissors.			
	9	Holds pencil between thumb and two fingers, no longer using whole-hand grasp.			
	10	Holds pencil near point between first two fingers and thumb and uses it with good control.			
	11	Can copy some letters, e.g. letters from their name.			



# Physical Development



		Moving and Handling		Health and self-care	
40-60+ months	1	Experiments with different ways of moving.		1 Eats a healthy range of foodstuffs and understands need for a variety in food.	
	2	Jumps off an object and lands appropriately.		2 Usually dry and clean during the day.	
	3	Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.		3 Shows some understanding that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health.	
	4	Travels with confidence and skill around, under, over and through balancing and climbing equipment.		4 Shows understanding of the need for safety when tackling new challenges, and considers and manages some risks.	
	5	Shows increasing control over an object in pushing, patting, throwing, catching or kicking it.		5 Shows understanding of how to transport and store equipment safely.	
	6	Uses simple tools to effect changes to materials.		6 Practices some appropriate safety measures without direct supervision.	
	7	Handles tools, objects, construction and malleable materials safely and with increasing control.			

	8	Shows a preference for a dominant hand.			
	9	Begins to use anticlockwise movement and retrace vertical lines.			
	10	Begins to form recognisable letters.			
	11	Uses a pencil and holds it effectively to form recognisable letters, most of which are correctly formed.			
ELG		<b>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</b>		<b>Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.</b>	



# Physical Development

