

Elements of FS Gross Motor Development

Early Learning Gross Motor Skills

Children at the expected level of development at the end of reception will:

- negotiate space and obstacles safely, with consideration for themselves and others
- demonstrate strength, balance and coordination when playing
- move energetically, such as running, jumping, dancing, hopping, skipping and climbing

Strands of Physical Development

Fundamentals & Movement Skills	Fundamentals of Dance	Gymnastics
Ball Skills	Fundamentals of Athletics	Gross Motor Skills

Examples of Gross Motor Equipment

Bike	Scooter	Balance bikes
Range of balls	Climbing frame	Ramp
Tunnel	Bridge	Tyres
Large chalk board	Chunky chalk	Big box construction
Gardening Equipment	Hoops	Cars/pushchairs
Logs	Forest School	Weaving shapes