

EYFS · PRE-K-Y1

Physical Development

EYFS Knowledge Organiser

Three strands

1

Gross motor skills

Large body movements using the large muscles — running, jumping, climbing, throwing, balancing. Foundation for all physical activity.

Example: By Reception ELG: can combine walking, running, jumping; use equipment with control; skip, hop; play competitive games

2

Fine motor skills

Small, precise movements using smaller muscles — hands, fingers, wrists. Essential for writing, drawing, self-care.

Example: By Reception ELG: hold pencil effectively; use scissors correctly; form letters recognisably

3

Health and self-care

Knowing how to be healthy, safe, and independently self-managing.

Example: By Reception: manage own toileting; use cutlery; dress/undress independently; understand healthy eating

physical development

What practitioners can do

- GROSS MOTOR: create obstacle courses; balance beams; climbing frames; beanbag throwing; dancing; outdoor large-scale play
- FINE MOTOR: playdough; threading; cutting activities; painting with different tools; tying laces; fastening buttons



- PENCIL GRIP: tripod grip develops through strengthening activities before formal pencil use — playdough, finger painting, scissor cutting
- THE WRITING LINK: children with underdeveloped fine motor skills find the physical act of writing exhausting — support physical development before worrying about letter formation
- CORE STRENGTH: many children need support developing core strength (sitting upright) — active play and yoga-style activities help
- SCREEN TIME: reduced physical activity from excessive screen time delays gross motor development — outdoor daily physical play is essential

