

NURSERY SKILLS	NURSERY KNOWLEDGE	RECEPTION SKILLS	RECEPTION KNOWLEDGE
<b>Autumn</b>			
I can run confidently.	I am using the toilet with support from adults.	I can confidently and accurately roll, crawl, walk, jump, run, hop, skip and climb.	I know lots of different ways I can move my body.
I can climb safely on climbing frames and nets, using limbs to support my body.	I can wash my hands with support from adults.	I can move fluently, with control and grace.	I know why exercise is important.
I can jump off an object at a small height confidently.	I know how to run safely, avoiding obstacles.	I can be still.	I know why I breathe faster when I am exercising.
I can ride a bike, trike or scooter with good control and confidence.	I know how to ride and steer a bike, trike or scooter.	I am active.	I know which is my dominant hand and that I use it to write with.
I can climb stairs standing up.	I know I must hold tightly to climbing equipment to make sure I don't fall.	I can use my dominant hand to write.	I know how to use tools safely and effectively.
I can stand on one leg.	I know I use both feet when climbing stairs.	I am able to sit at a table with good posture and core strength, without being supported.	I know where to place my fingers on my pencil.
I can hop.	I know I use both feet when climbing stairs.	I can hold my pencil with a tripod grip.	I know the importance of being safe with tools.
I can stand still and freeze my position when dancing.			
I can use gross motor movement to wave flags and ribbons.			
I can make marks using mark-making tools, e.g. pens, paint brushes etc.			
<b>Spring</b>			
I can play circle games by myself, e.g. ring a ring of roses.	I know a variety of circle games from memory.	I can use a range of tools competently to complete a task, e.g. pencils, scissors, knives, forks, spoons, hole punch etc.	I know how to make a sequence of movements.
I can ask to join a game with other children.	I know the movements to several action rhymes.	I can combine different	I know why it is important to avoid obstacles when I am running fast.
I can use and play with the parachute appropriately, following instructions given by an adult.	I know what the parachute rules are.	movements fluently to make a sequence.	I know the safety rules when climbing on equipment.
I can join in with the actions to an action rhyme.	I know different way to move my body.	I can complete an obstacle course easily.	
I can move to the rhythm of music and dance to a variety of songs, e.g. Baby shark.	I know how to ask for help to solve a physical challenge, e.g. moving a heavy box.	I can change my speed quickly and carefully.	
I can move in a variety of different ways, e.g. running, jumping, rolling, crawling etc.		I can accurately cut circles out with scissors.	
I can run faster confidently.		I can use apparatus sensibly.	
I can follow clear guidance from the adults and can explain how I am using tools.		I can balance along a narrow plank without falling off.	
I can use scissors carefully and safely to make snips in paper.		I can climb up and over an A-frame.	
I can use a variety of different tools including different size brushes, twigs, pipettes, sponges and fingers.		I can climb a ladder using alternate feet.	
<b>Summer</b>			
I can grip my pencils and crayons securely to make marks on paper.	I can make healthy choices with my food and routines, e.g. teeth brushing.	I can combine different	I know how to combine movements.
I can use a knife and fork to eat my dinner.	I know why we have to be careful using scissors and other equipment.	movements with ease and fluency	I know the rules when playing ball games.
I can use my dominant hand to write letters and numbers.	I know how to use the toilet and how to flush it when I have finished.	I have good overall strength.	I know how to be a good team mate.
I can take off items of clothing independently, e.g. jumper and coat.	I know why it is important to wash our hands.	I have good balancing skills.	I know how to share the equipment.
I can put on an apron correctly without support.	I know that germs are invisible and can make you poorly.	I have good coordination.	I know how to form letters.
I can use the toilet independently and don't have any toileting accidents.	I know why we have to brush our teeth and what will happen if we don't.	I can throw and catch a ball.	
I can wash and dry my hands without support.		I can kick a ball and make a pass to a friend.	
		I can join in with ball games.	
		I can write fluently and quickly, forming letters with good, neat handwriting.	
<b>RECEPTION ELG</b>			
<b>Gross Motor Skills</b>		<b>Fine Motor Skills</b>	
Negotiate space and obstacles safely, with consideration for themselves and others.		Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases.	
Demonstrate strength, balance and coordination when playing.		Use a range of small tools, including scissors, paint brushes and cutlery.	
Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.		Begin to show accuracy and care when drawing.	