

Fine Motor Skills

Know, Show and Grow Progression

Nursery / Reception



This document shows the progression of knowledge (Know), skills (Show) and the development of a child's characteristics (Grow) each week throughout the unit.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Know	At least one effect of activity on my body	What a good space to stand in is (Nursery) How to share equipment and take turns (Reception)	At least one effect of activity on my body (Nursery) How to play tagging games safely (Reception)	What I need to do with my arms and eyes to balance on one leg (Nursery and Reception)	To avoid rushing and trying to do things too quickly (Nursery and Reception)	Some effects of activity on my body (Nursery and Reception)
Show	Run skilfully (Nursery) Negotiate space successfully (Reception)	Pick up, carry and put down with care (Nursery) Use the strength in my hand to manipulate objects (Reception)	Pick up, carry and put down with care (Nursery) Attack and defend in chasing games (Reception)	Thread with control (Nursery) Negotiate space successfully (Reception)	Be excited about, and confident in, my jobs (Nursery) Pick up, carry and thread with control (Reception)	Be excited about, and confident in, my jobs (Nursery) Can build carefully using small objects (Reception)
Grow	Grow by being safe, being active and having fun in PE	Grow by showing creativity and understanding how to be creative in PE	Grow by communicating to solve simple problems	Grow by being safe, being active and having fun in PE	Grow by showing creativity and understanding how to be creative in PE	Grow by communicating to solve simple problems