

Physical Development

Moving & handling

0 to 11	Turns head in response to sounds & sights			
	Gradually develops ability to up own head			
	Makes movements with arms & legs with more control			
	Rolls over both ways			
	When laying on tummy becomes able to lift first head then chest, supporting self with arms			
	Watches & explores hands & feet			
	Reaches out for, touches & begins to hold objects			
	Explores objects with mouth			
8 to 20	Sits unsupported on the floor			
	When sitting can lean forward to pick up small objects			
	Pulls to standing, holding onto something for support			
	Crawls, bottom shuffles or rolls to move around			
	Walk around furniture lifting one foot, stepping sideways & walks with both hands holding adult			
	Takes first few steps independently			
	Passes toys from one hand to the other			
	Hold an object in each hand & brings them together			
	Picks up small objects between thumb & finger			
	Enjoys the sensory experience of making marks in paint ec Holds pen or crayon using whole hand & makes random marks with different strokes			
16 to 26	Walks upstairs holding onto an adult			
	Comes downstairs backwards on knees			
	Beginning to balance blocks in a small tower			
	Make connections between their movements & the marks they make			
22 to 36	Runs safely on whole foot			
	Squats with steadiness to rest or play with object on the ground & rises without using hands			
	Climbs confidently & is beginning to pull themselves up on equipment			
	Can kick a large ball			
	Turns pages in a book, sometimes several at once			
	Shows control in holding & using tools			
	Beginning to use 3 fingers to hold writing tools			
	Imitates drawing simple shapes such as circles & lines			
	Walks upstairs or down holding onto rail two feet per step			

	May be beginning to show dominant hand				
	Moves freely & with pleasure & confidence in a range of ways				
	Mounts stairs or climbing equipment using alternate feet				
	Walks downstairs two feet each step while carrying small object				
	Runs skilfully & negotiates space successfully, adjusting speed or direction to avoid objects				
30 to 50	Can stand momentarily on one foot when shown				
	Can catch a large ball				
	Draws lines & circles using gross motor movements				
	Uses one handed tools eg scissors				
	Holds pencil between thumb & finger				
	Holds pencil near point with good control using thumb & 2 fingers				
	Can copy some letters				
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	40 to 60	Experiments with different ways of moving			
		Jumps off an objects & lands appropriately			
Negotiates space successfully when playing racing & chasing games					
Travels with confidence & skill around, under & over					
Shows increasing control over an object in pushing, throwing, catching					
Uses simple tools to effect changes to materials					
Handles tools & materials with increasing control & safely					
Shows preference for dominant hand					
Begins to use anticlockwise movement & retrace verticle lines					
Begins to form recognisable letters					
Uses a pencil & hols it effectively to form recognisable letters					
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ELG	Children show good control & co-ordination in large & small movements				
	They move confidently in a range of ways, safely negotiating space				
	They handle equipment & tools effectively, including pencils for writing				