

EYFS Physical Development (Gross and Fine Motor Skills) Checklist for 3-5 year-olds.

As we mention in our article about EYFS physical development activities, milestones are different for each child. There is no one size fits all timeline when it comes to physical development (or children in general!)

We have collated, with the help of Sarah Cooke (EYFS occupational therapist), a simple physical development gross and fine motor skill milestone checklist.

This checklist can be useful for your nursery practitioners to flag what ‘typical’ physical development might look like for some 3-5-year-olds.

Gross motor skill checklist for 3-5-year-olds.

- Can jump with two feet together
- Stand on one foot for up to 5 seconds
- Can hop on one foot for up to 5 seconds
- Goes up and downstairs without support
- Kicks ball forward
- Catches a bounced ball most of the time
- Moves forward and backward with verbal instructions
- Can walk along a straight line

Fine motor skill checklist for 3-5-year-olds.

- Can copy all pre-writing shapes
- Draw a person with 4-5 body parts
- Can use a scissors
- Can write name
- Can pick up small items with pincer grip
- Builds tower with 9/10 cubes
- Eat with a fork and spoon