



Physical Development Branch Map

Gross motor skills	Fine motor skills	Swimming
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Branch 1	Branch 2	Branch 3	Branch 4	Branch 5	Branch 6	Branch 7	Branch 8	Branch 9	Branch 10
Turns head in response to sounds and sights	Sits unsupported on the floor	Can stand independently for several seconds	Changes direction whilst walking	Runs freely, not always avoiding obstacles	Jumps from a small step or low piece of equipment	Squats with steadiness to rest or play with object on the ground and rises to feet without using hands	Can stand on one foot momentarily	Can avoid obstacles and change direction when riding a bike/tricycle	Attempts to jump using a skipping rope
- In familiar settings - In unfamiliar settings				- During play situations - During structured PD activities				- During play situations - During structured PD activities	
Develops ability to hold up own head	When sitting on the floor can lean forward to pick up items	Takes a few steps independently	Walks backwards for a few steps when pulling an item or toy using rope or string	Squats down to pick up objects, occasionally falling	Rolls ball more accurately	Can walk along a bench	Can ride a two wheel bike with stabilisers attached	Can throw a small ball up and down, catching it as it falls	Bends over and touches toes with straight legs
- Sitting in a chair - Whilst standing in frame - Lying on tummy		- In swimming pool - On soft carpeted floor - On hard floor - Wearing shoes - Barefoot			- Passing to another person - Aiming at a target (skittles)				
Movements with arms and legs gradually become more controlled	Crawls, bottom shuffles or rolls continuously to move around	Sits from standing independently and consistently	Lifts leg whilst holding onto an adult to assist with dressing	Carries large objects whilst walking	Kneels without support	Climbs confidently and begins pulling themselves up on play equipment	Kicks ball towards a target with increasing accuracy	Travels with confidence and skill around, under, over and through gymnastic equipment	Copies a sequence of gross motor movements after demonstration, e.g. hop, jump, skip, hop
- Reaching out for objects - Kicking with feet									
Moves head and looks around when on back or sitting with support	Bears weight and bounces when held in a standing position	Picks up an object on the floor with support from an adult or furniture	Gets onto a chair independently	Moves a tricycle or bike by pushing feet along floor	Bends over to retrieve an item from the floor	Can bounce on a trampoline independently	Hops up and down with adult support	Can jump over a low hurdle (10cm)	Masters throwing and catching a variety of different sized balls
	- Trunk support - Hands held								
Swipes at toy above their head when lying on their back	Pulls to standing, holding onto furniture or a person for support	Claps hands independently	Uses a pouring action when playing with containers in sand or water	Bounces on a trampoline with adult support	Attempts to kick a large ball	Can kick a large ball successfully	Jumps from apparatus landing appropriately	Can bend knees to touch toes	Performs dances using simple movement patterns
				- Two hands - One hand					
Play with hands at midline of body	Walks around furniture, lifting foot and stepping sideways	Pulls along toys and items using a rope or string	Presses small switches and buttons using index finger	Walks upstairs holding an adult's hand	Catches a large ball thrown into two arms	Can walk upstairs and downstairs, holding onto a rail	Runs skilfully, adjusting speed and direction to avoid obstacles	Climbs up to a slide and comes down independently	Takes part in simple team games, developing simple tactics for defending and attacking
					- Beach ball - Balloon ball - Light football		- During play situations - During structured PD activities		
Lying on tummy can lift head and chest supporting themselves with forearms	Can walk with a walker or by pushing a stable toy	Uses a single finger to touch or point	Squeezes toys or instruments to produce a sound	Returns to standing after squatting down to pick up an object	Throws a ball with increasing accuracy	Moves freely with confidence in a range of ways	Can 'bounce pass' a large ball and receive a bounce pass	Uses scissors to cut along a line	Can ride a 2 wheel bike independently
		- To indicate need - To explore an object - To activate a cause and effect device	- Two hands - One hand		- Towards another person - Towards a target	- Slithering - Shuffling - Rolling - Crawling - Walking - Running - Jumping - Skipping - Sliding - Hopping			
Can roll from front to back and back to front	Walks holding an adult's hand(s)	Picks up small objects with a pincer grasp	Splashes in the water	Turns a variety knobs	Runs safely on whole foot	Climbs stairs, ladders or gym equipment using alternate feet	Can hit a ball with a bat or racket	Handles tools, objects, construction and malleable materials safely and with increasing control	Sews smaller stitches, using a smaller needle
	- Two hands - One hand			- Door knobs - Control knobs for devices			- Stationary ball - Moving ball		
Grips objects firmly that are placed into hand	Is able to transition from standing to sitting in a more controlled manner	Release items when held with pincer grasp	Jumps into the water with support	Holds cup with two hands, drinking with minimal spilling	Stands independently from a kneeling position without using furniture to support	Walks downstairs carefully whilst carrying a small object	Cuts paper purposefully using scissors with one hand	Makes simple stitches using a large needle	Handwriting becomes more controlled, consistent and smaller
	- To a chair - To the floor			- Cup with handles - Standard cup					
Holds object for a couple of seconds when placed in palm of hand	Reaches out for, touches and begins to hold objects	Uses hands to twist, turn and manipulate an object	Uses arms to push and pull water	Threads large bead onto a shoelace, rod or wire	Remove unfastened clothing independently	Can use an overarm action to throw a ball	Uses a knife to chop softer items	Can swim independently for 5 metres on front	Can effectively use a range of tools with consistent control
					- Tops - Bottoms - Socks - Footwear				
Pats and bangs objects with open hand	Explores objects with mouth, often picking up an object and holding it to the mouth	Can scoop with a spoon at meal times or a spade/shovel whilst playing	Kicks legs in the water with a prompt from an adult	Able to build small towers using blocks	Create sausage shapes when rolling play dough	Can catch a small ball at close range	Blows out a candle or blows their foods to cool it down	Can retrieve objects from the bottom of the pool	Can manage all fastenings on clothes
Explores by grabbing or scratching textures and surfaces within reach	Holds an object in each hand and brings them together in the middle, e.g. Holds two blocks and bangs them together	Moves toys in the water	Can be towed with support from floating aides and released by an adult, moving or floating independently	Can lift legs of bottom of the pool with the help of a float	Makes connections between their movements and the marks they make	Can link two movements together	Floats in water moving both legs and arms at the same time to initiate movement		Can swim independently for 15 metres on front
Enters the pool building and changing rooms calmly	Drops objects deliberately	Gets face wet	Voluntarily places face in water	Can push off a wall with adult support using feet	Can pour, sieve and dig with control	Can ride tricycles using pedals	Plays ball games in the pool with others		Can swim independently for 15 metres on back
Accepts supported entry with adult into the water	Uses two hands to lift small and large objects in and out of containers	Safely enters and exits the pool with support		Can hold onto a rail independently imitating kicking movements	Builds tower using several small connecting bricks	Shows control in holding and using books, hammers and mark making tools	Fully submerges head in water		
Floats in the water with adult support	Holds an object and bangs or dabs it against a surface			Can jump into the pool independently	Can swim on front with floats without adult support for 5 metres	Open and closes scissors independently			
- On front - On back									
	Develops a trusting relationship with adult in the water				Can push off wall independently with floats for support	Can stab food with a fork at meal times			
	Happy to be supported whilst being towed or gliding				Safely enters and exits the pool independently	Able to wind up toys and open and close lids on jars			
	- On front - On back								
	Floats in water with floating aides					Floats in water independently on front or back			
	Aware of the wall in the pool					Can achieve a push and glide without any support			
						Can swim on back with floats without adult support for 5 metres			