

Physical Development

Skills Progression for Fine Motor Skills

	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Stage 6
	Autumn Term		Spring Term		Summer Term	
Foundation 1						
Scissor Skills	Able to manipulate scissors by opening and closing them (without cutting anything at this stage).	Begin to hold a pair of scissors using the thumbs up position.	Able to hold a pair of scissors using the thumbs up position.	Able to make small snips in paper with scissors.	Able to make snips in paper moving forward	Begin to cut straight lines despite not always showing accuracy.
Manipulating objects with precision	Begin to transfer chunky objects from one place to another using a palmer grasp to grip, Lego pieces, small balls, play dough etc.	Able to complete basic jigsaws with chunky pieces independently.	Build a tower of up to 10 bricks using Duplo or wooden construction	Begin to pick up smaller objects using a pincer grip, coins, pebbles, sequins etc.	Begin to transfer smaller objects from one place to another using a pincer grip, coins, pebbles etc.	Can manipulate a range of small objects independently with precision using an appropriate grip.
The Stages of Pencil Grip	Stage 1. Palmer-supinate grasp  Holds the crayon/pencil in fist (whole hand) like a dagger. They use whole arm movements from the shoulder to mark-make. Due to this whole arm movement they prefer to work on a vertical surface.		Stage 2. Palmer or digital-pronate grasp  Holds a crayon/pencil with the palm of the hand facing down towards the paper. The crayon/pencil is held by all finger and the thumb. The movement comes from the shoulder and elbow. Again, due to the way the arm moves a vertical surface is preferred. Or continue with Palmer grip		Stage 3. Four finger and thumb grip  Holds the crayon/pencil between the thumb and four fingers with the crayon/pencil nearly vertical up right position. Movement comes from the elbow and wrist.	

	Stage 7	Stage 8	Stage 9	Stage 10	Stage 11	Stage 12
	Autumn Term		Spring Term		Summer Term	
Foundation 2						
Scissor Skills	To hold scissors correctly and cut along a straight and	Able to cut zigzagged and curved lines independently showing more accuracy.	To hold scissors correctly and cut out squares	To hold scissors correctly and cut out circles	To hold scissors correctly and cut a range of small and large shapes.	To hold scissors correctly and cut a range of materials.
Manipulating objects with precision	Able to pick up objects using tweezers. <i>To be able to use a fork or spoon to manipulate food from the plate to their mouth.</i>	Able to use tweezer to transfer objects from one place to another with developing accuracy and control.	To be able to thread small objects e.g.; beads on string, cheerios on to dry spaghetti etc <i>To begin to use a knife and fork with support to manipulate food.</i>	Can transfer a range of small objects with precision e.g. pegs, counters, sequins, money etc	Able to transfer a range of small objects with precision, speed and accuracy e.g. counting equipment.	Can consistently transfer a range of small objects with precision, speed and accuracy e.g. counting equipment. <i>To independently use a knife, fork and spoon to eat a range of meals.</i>
The Stages of Pencil Grip	Stage 4. Static Quadruped or tripod grip  Holds the pencil in very nearly in the correct position however the web space is narrower than it would be if held in a mature tripod grip. This means that the movement is coming from the wrist and large finger movements.		Stage 5. Mature/Dynamic tripod grip  This is traditionally considered the most appropriate pencil grip for handwriting. Holding the pencil between the thumb and index finger with pencil supported on the middle finger. The ring and little fingers are gently curled inwards. This give an open wide web space which means the movement comes from the fingers.			