



## Early Years Physical Skills

Aiming  
Avoiding  
Balancing  
Bending  
Bouncing  
Carrying  
Catching  
Changing Direction  
Chasing  
Clapping  
Climbing  
Collecting  
Combining Movements  
Crawling  
Creeping  
Cutting  
Digging  
Distance  
Dodging  
Drawing  
Dribbling  
Evading

Experiment  
Galloping  
Gesturing  
Reaching  
Rhythm  
Rocking  
Rolling  
Rotating  
Running  
Grasping  
Handling  
Hanging  
Height  
Hiding  
Hitting  
Holding  
Hopping  
Jumping  
Kicking  
Landing  
Leaping  
Lifting

Lying  
Marching  
Matching  
Painting  
Pathway  
Picking up  
Pinching  
Pivoting  
Placing  
Pointing  
Predicting  
Pressing  
Prodding  
Pulling  
Pushing  
Scoring  
Shooting  
Shuffling  
Skipping  
Sliding  
Speed  
Slither

Spinning  
Splashing  
Squatting  
Squeezing  
Stacking  
Standing  
Stepping  
Stopping  
Stretching  
Striking  
Taking  
Tip Toe  
Tapping  
Throwing  
Touching  
Turning  
Twisting  
Volley  
Walking  
Waving  
Wiggling  
Writing

