**Development Matters (2012)**

**Physical Development Outcomes**

**Birth-11 Months**

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| **Moving & Handling*** Turns head in response to sounds and sights.
* Gradually develops ability to hold up own head.
* Makes movements with arms and legs which gradually become more controlled.
* Rolls over from front to back, from back to front.
* When lying on tummy becomes able to lift first head and then chest, supporting self with forearms and then straight arms.
* Watches and explores hands and feet, e.g. when lying on back lifts legs into vertical position and grasps feet.
* Reaches out for, touches and begins to hold objects.
* Explores objects with mouth, often picking up an object and holding it to the mouth.
 | **Health & Self-Care*** Responds to and thrives on warm, sensitive physical contact and care.
* Expresses discomfort, hunger or thirst.
* Anticipates food routines with interest.
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**8-20 Months**

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| **Moving & Handling*** Sits unsupported on the floor.
* When sitting, can lean forward to pick up small toys.
* Pulls to standing, holding on to furniture or person for support.
* Crawls, bottom shuffles or rolls continuously to move around.
* Walks around furniture lifting one foot and stepping sideways (cruising), and walks with one or both hands held by adult.
* Takes first few steps independently.
* Passes toys from one hand to the other.
* Holds an object in each hand and brings them together in the middle, e.g. holds two blocks and bangs them together.
* Picks up small objects between thumb and fingers.
* Enjoys the sensory experience of making marks in damp sand, paste or paint.
* Holds pen or crayon using a whole hand (palmar) grasp and makes random marks with different strokes.
 | **Health & Self-Care*** Opens mouth for spoon.
* Holds own bottle or cup.
* Grasps finger foods and brings them to mouth.
* Attempts to use spoon: can guide towards mouth but food often falls off.
* Can actively cooperate with nappy changing (lies still, helps hold legs up).
* Starts to communicate urination, bowel movement.
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**16-26 Months**

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| **Moving & Handling*** Walks upstairs holding hand of adult.
* Comes downstairs backwards on knees (crawling).
* Beginning to balance blocks to build a small tower.
* Makes connections between their movement and the marks they make.
 | **Health & Self-Care*** Develops own likes and dislikes in food and drink.
* Willing to try new food textures and tastes.
* Holds cup with both hands and drinks without much spilling.
* Clearly communicates wet or soiled nappy or pants.
* Shows some awareness of bladder and bowel urges.
* Shows awareness of what a potty or toilet is used for.
* Shows a desire to help with dressing/undressing and hygiene routines.
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**22-36 Months**

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| **Moving & Handling*** Runs safely on whole foot.
* Squats with steadiness to rest or play with object on the ground, and rises to feet without using hands.
* Climbs confidently and is beginning to pull themselves up on nursery play climbing equipment.
* Can kick a large ball.
* Turns pages in a book, sometimes several at once.
* Shows control in holding and using jugs to pour, hammers, books and mark-making tools.
* Beginning to use three fingers (tripod grip) to hold writing tools
* Imitates drawing simple shapes such as circles and lines.
* Walks upstairs or downstairs holding onto a rail two feet to a step.
* May be beginning to show preference for dominant hand.
 | **Health & Self-Care*** Feeds self competently with spoon.
* Drinks well without spilling.
* Clearly communicates their need for potty or toilet.
* Beginning to recognise danger and seeks support of significant adults for help.
* Helps with clothing, e.g. puts on hat, unzips zipper on jacket, takes off unbuttoned shirt.
* Beginning to be independent in self-care, but still often needs adult support.
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**30-50 Months**

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| **Moving & Handling*** Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.
* Mounts stairs, steps or climbing equipment using alternate feet.
* Walks downstairs, two feet to each step while carrying a small object.
* Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles.
* Can stand momentarily on one foot when shown.
* Can catch a large ball.
* Draws lines and circles using gross motor movements.
* Uses one-handed tools and equipment, e.g. makes snips in paper with child scissors.
* Holds pencil between thumb and two fingers, no longer using whole-hand grasp.
* Holds pencil near point between first two fingers and thumb and uses it with good control.
* Can copy some letters, e.g. letters from their name.
 | **Health & Self-Care*** Can tell adults when hungry or tired or when they want to rest or play.
* Observes the effects of activity on their bodies.
* Understands that equipment and tools have to be used safely.
* Gains more bowel and bladder control and can attend to toileting needs most of the time themselves.
* Can usually manage washing and drying hands.
* Dresses with help, e.g. puts arms into open-fronted coat or shirt when held up, pulls up own trousers, and pulls up zipper once it is fastened at the bottom.
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**40-60+ Months**

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| **Moving & Handling*** Experiments with different ways of moving.
* Jumps off an object and lands appropriately.
* Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.
* Travels with confidence and skill around, under, over and through balancing and climbing equipment.
* Shows increasing control over an object in pushing, patting, throwing, catching or kicking it.
* Uses simple tools to effect changes to materials.
* Handles tools, objects, construction and malleable materials safely and with increasing control.
* Shows a preference for a dominant hand.
* Begins to use anticlockwise movement and retrace vertical lines.
* Begins to form recognisable letters.
* Uses a pencil and holds it effectively to form recognisable letters, most of which are correctly formed.
 | **Health & Self-Care*** Eats a healthy range of foodstuffs and understands need for variety in food.
* Usually dry and clean during the day.
* Shows some understanding that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health.
* Shows understanding of the need for safety when tackling new challenges, and considers and manages some risks.
* Shows understanding of how to transport and store equipment safely.
* Practices some appropriate safety measures without direct supervision.
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**Early Learning Goals – Physical development**

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| **Moving & Handling****Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing.** | **Health & Self-Care****Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.** |