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**Early Years Physical Skills**

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| 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 | Feeling  Flicking  Galloping  Gesturing  Gripping  Grasping  Handling  Hanging  Height  Hiding  Hitting  Holding  Hopping  Jumping  Kicking  Landing  Leaping  Lifting  Lying  Marching  Matching  Moulding  Painting | | Pathway  Picking up  Pinching  Pivoting  Placing  Pointing  Predicting  Pressing  Prodding  Pulling  Pushing  Reaching  Receiving  Rhythm  Rocking  Rolling  Rotating  Running  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 |  |
| Indoors/Outdoors  Writing | |  | |  | |  |
| **On Their Own**  Being Spontaneous and Creative  Dressing/Undressing  Enjoyment  Evaluating  Following Rules  Independent  Keeping Score (Counting)  Making Decisions  Reflecting  Remembering  Seeing  Self-Awareness  Watching | | **With Other Children**  Being Responsible  Being Seen  Caring  Challenging  Copying  Describing and Talking about and activity  Discussing  Encouraging  Engaging  Exploring  Feeding back  Following  Greeting  Holding  In a Pair/Group/Team  Interacting | | **With Other Adults**  Leading  Solving Problems  Listening  Meeting  Mimicking  Mirroring  Move at the same time Move at different time  Praising  Parting  Playing  Problem Solving  Reassuring  Repeating  Sharing  Taking Turns  Trusting | |  |