

EYFS Individual Child Gross Motor Skills Assessment Sheet

Child's Name:

Balance	Comments
Imitates standing on one foot.	
Imitates bilateral movements of arms and legs, such as putting arms up in the air together.	
Can use core muscle strength to achieve good posture when sitting.	
Can jump on the spot with two feet together.	
Can walk on tiptoes.	
Can stand on one foot for a short amount of time.	
Is able to walk on a line or over a beam/plank.	
Is able to hold a balance.	
Coordination	Comments
Shows a preference for a dominant hand, leg or foot.	
Can climb up play equipment.	
Can pedal a tricycle.	
Can push a scooter.	
Can demonstrate control on a balance bike using alternate feet.	
Is able to maintain balance on a bike while turning the pedals to move.	
Can lift an open cup to their mouth and drink without spilling.	
Walks up and down stairs with alternating feet.	
Can catch a ball by holding their arms out and pulling into their body.	
Can catch a ball that has been bounced.	
Can kick a ball forwards.	
Can kick a ball at a target.	
Can use large muscle movements for tasks, such as painting, mark making or dancing.	

Can throw a ball underarm.	
Is beginning to throw with accuracy towards a target.	
Is able to throw a ball to a peer.	
Can use a bat to hit a ball.	
Is starting to move balls in different ways, such as rolling, hitting, kicking and bouncing.	
Movement	Comments
Can jump over an object and land with both feet together.	
Can jump off an object, landing appropriately using their hands, arms and body to stabilise and balance themselves.	
Can control their body when performing a sequence of movements.	
Can run around obstacles and negotiate space.	
Can move at different speeds, change direction and stop promptly.	
Can safely carry and place down larger equipment, such as planks and crates.	
Can move sideways and backwards, as well as forwards.	
Can move in a variety of ways: -skipping -hopping -jumping -running -climbing -crawling	
Can travel confidently and skilfully under, over, around and through equipment.	