**Physical Development Training – Ravensbury Primary School Developmental Milestones Train the Trainer February 2024**

|  |  |
| --- | --- |
| **Gross Motor Developmental Milestones 18-36 months** | **Fine Motor Developmental Milestones 18-36 months** |
| What should we expect to see?  | Which leads to: | What should we expect to see?  | Which leads to: | What can we do?  |
| **Gross Motor Milestones**Beyond Walking* Walking upstairs
* Walking *into* a ball
* Jumping
* Stopping & Manoeuvring
 | * Visual spatial awareness
* Hand-eye and foot-eye co-ordination
* Good proprioception and body image
* Safety awareness
* Balance
* Self confidence
* Social skills
* Concentration
* Organisation
* Fine motor development
* Eye contact and eye tracking
* Independence – feeding , drinking , dressing
 | **Fine Motor Milestones*** Able to pick up tiny objects accurately and quickly places down neatly with increasing skill
* Mostly developed a hand preference
* Able to hold a pencil using thumb and first two fingers
* Imitates horizontal lines and circles with pencil
* Feeds self with a spoon
* Drinks from an open cup
 | Readiness for school in the child’s ability to * Feed themselves.
* Toilet themselves
* Dress themselves.
* Play
* Learn
 | * Turning pages
* Threading / Drawing
* Imitates horizontal lines and circles with pencil
* Feeds self with a spoon
* Drinks from an open cup
 |
| **What skills do we need for feeding?*** Bilateral co-ordination
* Grasp strength
* Hand-eye co-ordination
* Trunk stability
* Body awareness
* Interest in food
* Proprioception
* Attention/ focus
 | **What skills do we need for dressing?*** Trunk stability
* Coordination
* Head control
* Proprioception
* Grip strength
* Motivation
* Tolerance to clothing textures

Dressing is a complex skill which we build on over time and relies on lots of things.Children should be **becoming** more independent, but will still require assistance at this stage | **What skills do we need for toileting?*** Bladder and bowel control and awareness
* Balance and co-ordination
* The use of both hands together
* Be able to sort out their clothing
* Understand wiping
* Wash their hands
 |