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

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| **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 | |