

Fine Motor Skills Progression



Emerging	Developing	Extended
<ul style="list-style-type: none"> • Uses one hand consistently in most activities • Uses non-dominant hand to help assist and stabilise objects. 	<ul style="list-style-type: none"> • Handedness is well established 	<ul style="list-style-type: none"> • Uses a 3 fingered grasp of pencil and uses fingers to generate movement
<ul style="list-style-type: none"> • Holds peg with multiple fingers and thumb • Pegs pegs onto the edge of a box/teddy/t-shirt 	<ul style="list-style-type: none"> • Pegs flash cards onto the edge of a box. • Pegs dolls' clothes or small clothes onto a washing line. 	<ul style="list-style-type: none"> • Holds peg between finger and thumb
<ul style="list-style-type: none"> • Holds tongs with one hand • Picks up cotton wool balls with tongs. 	<ul style="list-style-type: none"> • Holds tweezers between fingers and thumb and picks up small bricks and similar sized objects. 	<ul style="list-style-type: none"> • Can pick up small items such as raisins with 3 pronged tweezers. • Can post items into bottles using tweezers.
<ul style="list-style-type: none"> • Posts coins into a money box • Posts pasta/buttons/peas into a bottle • Screws lid on a bottle 	<ul style="list-style-type: none"> • Picks up 2 large coins, one at a time and keep them in the palm of your hand. • Posts smaller coins 	<ul style="list-style-type: none"> • Picks up 5 large coins one at a time, keeping them in their palm and posting into a box. • Can post coins with both hands.
<ul style="list-style-type: none"> • Pieces Duplo together 	<ul style="list-style-type: none"> • Can build a tower of 10 Lego bricks and pull apart one at a time. 	<ul style="list-style-type: none"> • Can build tall towers using small blocks
<ul style="list-style-type: none"> • Tears tissue paper • Screws up paper 	<ul style="list-style-type: none"> • Can screw up paper tightly 	<ul style="list-style-type: none"> • Can screw up small pieces of paper between finger and thumb
<ul style="list-style-type: none"> • Threads large beads onto sticks/doweling 	<ul style="list-style-type: none"> • Thread 'holey' cereal / sweets onto pipe cleaners / straws. • Thread medium beads / pasta pieces onto a sturdy tipped lace. • Try lacing cards / boards 	<ul style="list-style-type: none"> • Threads small beads and / or small pasta pieces onto a lace/wire. • Cuts up straws and threads these onto a lace.
<ul style="list-style-type: none"> • Can complete an inset puzzle • Can complete puzzles with chunky interlocking pieces. 	<ul style="list-style-type: none"> • Can piece together up to 12 interlocking pieces. 	<ul style="list-style-type: none"> • Can piece together puzzles with medium/small pieces.
<ul style="list-style-type: none"> • Can squeeze bottles and bath toys to make bubbles. 	<ul style="list-style-type: none"> • Squeezes a plastic bottle with one hand only to make bubbles in water. • Uses a spray bottle to spray water 	<ul style="list-style-type: none"> • Uses a spray bottle to aim at a target.
<ul style="list-style-type: none"> • Imitates circular, vertical, and horizontal strokes • Copies a circle 	<ul style="list-style-type: none"> • Copies a cross/square • Copies triangle • Writes name • Writes numbers • Copies letters 	<ul style="list-style-type: none"> • Colours within lines • Forms letters correctly • Can sit letters on a line
<ul style="list-style-type: none"> • Puts on own coat 	<ul style="list-style-type: none"> • Can fasten a zip and poppers. • Can dress and undress with support • Can dress and undress independently 	<ul style="list-style-type: none"> • Fastens buttons • Ties a knot