

Physical Development

<p>Nursery Skills</p>	<p>I can run confidently.</p> <p>I can climb safely on climbing frames and nets, using limbs to support my body.</p> <p>I can jump off an object at a small height confidently.</p> <p>I can ride a bike, trike or scooter with good control and confidence.</p> <p>I can climb stairs standing up.</p> <p>I can stand on one leg.</p> <p>I can hop.</p> <p>I can stand still and freeze my position when dancing.</p> <p>I can use gross motor movement to wave flags and ribbons.</p> <p>I can make marks using mark-making tools, e.g. pens, paint brushes etc.</p>	<p>I can play circle games by myself, e.g. ring a ring of roses.</p> <p>I can ask to join a game with other children.</p> <p>I can use and play with the parachute appropriately, following instructions given by an adult.</p> <p>I can join in with the actions to an action rhyme.</p> <p>I can move to the rhythm of music and dance to a variety of songs, e.g. Baby shark.</p> <p>I can move in a variety of different ways, e.g. running, jumping, rolling, crawling etc.</p> <p>I can run faster confidently.</p> <p>I can follow clear guidance from the adults and can explain how I am using tools.</p> <p>I can use scissors carefully and safely to make snips in paper.</p> <p>I can use a variety of different tools including different size brushes, twigs, pipettes, sponges and fingers.</p>	<p>I can grip my pencils and crayons securely to make marks on paper.</p> <p>I can use a knife and fork to eat my dinner.</p> <p>I can use my dominant hand to write letters and numbers.</p> <p>I can take off items of clothing independently, e.g. jumper and coat.</p> <p>I can put on an apron correctly without support.</p> <p>I can use the toilet independently and don't have any toileting accidents.</p> <p>I can wash and dry my hands without support.</p>	<p>N/A -</p>
<p>Nursery Knowledge</p>	<p>I am using the toilet with support from adults.</p> <p>I can wash my hands with support from adults.</p> <p>I know how to run safely, avoiding obstacles.</p> <p>I know how to ride and steer a bike, trike or scooter.</p> <p>I know I must hold tightly to climbing equipment to make sure I don't fall.</p> <p>I know I use both feet when climbing stairs.</p>	<p>I know a variety of circle games from memory.</p> <p>I know the movements to several action rhymes.</p> <p>I know what the parachute rules are.</p> <p>I know different way to move my body.</p> <p>I know how to ask for help to solve a physical challenge, e.g. moving a heavy box.</p>	<p>I can make healthy choices with my food and routines, e.g. teeth brushing.</p> <p>I know why we have to be careful using scissors and other equipment.</p> <p>I know how to use the toilet and how to flush it when I have finished.</p> <p>I know why it is important to wash our hands.</p> <p>I know that germs are invisible and can make you poorly.</p> <p>I know why we have to brush our teeth and what will happen if we don't.</p>	<p>N/A -</p>

	<p>Reception Skills</p>	<p>I can confidently and accurately roll, crawl, walk, jump, run, hop, skip and climb.</p> <p>I can move fluently, with control and grace.</p> <p>I can be still.</p> <p>I am active.</p> <p>I can use my dominant hand to write.</p>	<p>I am able to sit at a table with good posture and core strength, without being supported.</p> <p>I can hold my pencil with a tripod grip.</p>	<p>I can use a range of tools competently to complete a task, e.g. pencils, scissors, knives, forks, spoons. hole punch etc.</p> <p>I can combine different movements fluently to make a sequence.</p> <p>I can complete an obstacle course easily.</p> <p>I can change my speed quickly and carefully.</p> <p>I can accurately cut circles out with scissors.</p>	<p>I can use apparatus sensibly.</p> <p>I can balance along a narrow plank without falling off.</p> <p>I can climb up and over an A-frame.</p> <p>I can climb a ladder using alternate feet.</p>	<p>I can combine different movements with ease and fluency</p> <p>I have good overall strength.</p> <p>I have good balancing skills.</p> <p>I have good coordination.</p>	<p>I can throw and catch a ball.</p> <p>I can kick a ball and make a pass to a friend.</p> <p>I can join in with ball games.</p> <p>I can write fluently and quickly, forming letters with good, neat handwriting.</p>	<p>Gross Motor Skills.</p> <p>*Negotiate space and obstacles safely, with consideration for themselves and others.</p> <p>*Demonstrate strength, balance and coordination when playing.</p> <p>*Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>
	<p>Reception Knowledge</p>	<p>I know lots of different ways I can move my body.</p> <p>I know why exercise is important.</p> <p>I know why I breathe faster when I am exercising.</p> <p>I know which is my dominant hand and that I use it to write with.</p>	<p>I know how to use tools safely and effectively.</p> <p>I know where to place my fingers on my pencil.</p> <p>I know the importance of being safe with tools.</p>	<p>I know how to make a sequence of movements.</p> <p>I know why it is important to avoid obstacles when I am running fast.</p>	<p>I know the safety rules when climbing equipment.</p>	<p>I know how to combine movements.</p>	<p>I know the rules when playing ball games.</p> <p>I know how to be a good team mate.</p> <p>I know how to share the equipment.</p> <p>I know how to form letters.</p>	<p>Fine Motor Skills.</p> <p>*Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases.</p> <p>*Use a range of small tools, including scissors, paint brushes and cutlery.</p> <p>*Begin to show accuracy and care when drawing.</p>