

## Physical



I will confidently move in a range of different ways e.g. to complete a simple obstacle course.

### Milestone one

### What we will do or provide to support learning

I am willing to take part in activities that use large movements, such as waving, kicking, rolling, dancing, walking, and crawling.

Provide equipment and opportunities to practice large movement skills e.g. a slide, sandpit, hoops, balls, scooters, and balance bikes.

Plan activities to support the development of large movement for example, singing with actions, using scarves and streamers and movement to music.

Provide a variety of outdoor equipment which will be at different levels.

### Milestone two

### What we will do or provide to support learning

I am developing and practising different ways to move, such as negotiating space and people, stepping, and climbing and using different equipment.

Provide a variety of equipment and extend the challenge e.g., pedal bikes, higher climbing equipment and using fixed and flexible resources, inside and outside.

Practice games that challenge children to negotiate space and people.

Model vocabulary of movement and instruction.

Provide opportunities and equipment for children to share and work together on, for example a seesaw.

### Milestone Three

### What we will do or provide to support learning

I am refining different and more creative large muscle movements. I am also learning to coordinate and control my body to manage a variety of equipment.

Provide balancing equipment as well as equipment and resources for children to be creative and adaptive movers e.g., making their own obstacle course and planning their own sequence of movements.

Encourage the use of descriptive language to describe their own obstacle course and sequence of movements e.g., over the barrel, through the tunnel and under the bridge.

### Final Milestone (what will the children be doing independently)

- I can confidently use physical skills of balance, control, and coordination to confidently join in with physical play and activities.
- I will be able to move with freedom and confidence in a range of ways including, jumping, climbing, running and hopping.
- I will take account of obstacles and of other people as I move around and negotiate space.