

Nursery – An Amazing Athlete

First milestone	<p>Climb up steps using alternate feet and be able to balance for a short period of time during a game.</p> <p>Begin to balance on one leg, holding a short pose.</p> <p>Beginning to recognise danger.</p> <p>Explore kicking and throwing a ball.</p>
Sophisticated vocabulary	Kick throw balance
Second milestone	<p>Select, carry and manoeuvre large items with increasing control and safety during play activities.</p> <p>Choosing and using the correct equipment for their chosen activity/task.</p> <p>To begin to name body parts.</p> <p>To explore healthy foods and how they help us.</p>
Sophisticated vocabulary	Head, arm, leg, hands, fingers, feet, knees, nose, eyes, mouth
Third milestone	<p>Uses large muscle movements with increasing control and is able to balance confidently on a trike, balance bike or scooter.</p> <p>Continue to explore and develop their skills when playing games with different sized balls.</p> <p>Start taking part in some group activities which they make up for themselves, or in teams.</p> <p>To begin to use a knife and fork effectively.</p>
Sophisticated vocabulary	Knife Fork bike scooter
Final milestone	<p>They are able to select and apply the appropriate physical skills to the activity in front of them, both independently and when working collaboratively. I.e, moving large equipment such as blocks and planks.</p> <p>Become a strong, confident and adaptive mover, when negotiating different environments, such as; the classroom, the outdoor space, and forest school area, having an awareness of their own and others safety.</p> <p>To be able to put on and take off their own coat independently.</p>
Sophisticated Vocabulary	Safely

