

## Reception – An Amazing Athlete

<p><b>First milestone</b></p>	<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>
<p>Sophisticated vocabulary</p>	<p>Safely,</p>
<p><b>Second milestone</b></p>	<p>To continue to develop the fundamental skills required to join in physical activities, such as balancing, skipping, hopping and jumping (take off and land on two feet), including joining in with new sports/games.</p> <p>Begin to develop overall body strength, balance, coordination and agility.</p> <p>To name body parts including the skeleton.</p> <p>To begin to understand the reason for physical exercise and healthy food choices and to know how to take care of our bodies including our teeth.</p>
<p>Sophisticated vocabulary</p>	<p>Skipping, hopping, skeleton, bones, teeth, healthy, skull,</p>
<p><b>Third milestone</b></p>	<p>To be able to throw and catch with confidence and increasing accuracy.</p> <p>Develop skills with apparatus including bats and balls showing competence and precision during games.</p> <p>To independently use a knife and fork with confidence.</p>
<p>Sophisticated vocabulary</p>	<p>Accurate,</p>
<p><b>Final milestone</b></p>	<p>To show strength, balance and co-ordination when playing.</p> <p>To create a sequence linking movements with ease, control and fluency.</p> <p>To move confidently and safely in a variety of different ways, using a variety of equipment.</p> <p>To confidently negotiate the space around them including any obstacles, being aware of their own and others safety.</p>
<p>Sophisticated Vocabulary</p>	<p>Sequence, negotiate,</p>