

Physical Development

Age in months	Movement and space	Health and bodily awareness	Using equipment materials
30 - 50	<p>Move freely with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding & hopping. Use movement to express feelings.</p> <p>Negotiate space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.</p> <p>Sit up, stand up and balance on various parts of the body. Demonstrate the control necessary to hold a shape or fixed position.</p> <p>Operate equipment by means of pushing and pulling movements.</p> <p>Mount stairs, steps or climbing equipment using alternate feet.</p> <p>Negotiate an appropriate pathway when walking, running or using a wheelchair or other mobility aids, both indoors and outdoors.</p> <p>Judge body space in relation to spaces available when fitting into confined spaces or negotiating openings and boundaries.</p> <p>Show respect for other children's personal space when playing among them.</p> <p>Persevere in repeating some actions or attempts when developing a new skill.</p> <p>Collaborate in devising and sharing tasks, including those which involve accepting rule.</p>	<p>Show awareness of own needs with regard to eating, sleeping and hygiene.</p> <p>Often needs adult support to meet those needs.</p> <p>Show awareness of a range of healthy practices with regard to eating, sleeping and hygiene.</p> <p>Observe the effects of activity on their bodies.</p> <div style="display: flex; flex-direction: column; align-items: center;">    </div>	<p>Engage in activities requiring hand-eye coordination. Use one-handed tools and equipment.</p> <p>Show increasing control over clothing and fastenings.</p> <p>Show increasing control in using equipment for climbing, scrambling, sliding and swinging.</p> <p>Demonstrate increasing skill and control in the use of mark making implements, blocks, construction sets and small world activities.</p> <p>Understand that equipment and tools have to be used safely.</p> <div style="display: flex; flex-direction: column; align-items: center;">   </div>
40 - 60+	<p>Go backwards and sideways as well as forwards. Experiment with different ways of moving.</p> <p>Initiate new combinations of movement and gesture in order to express and respond to feelings, ideas and experiences.</p> <p>Jump off an object and land appropriately.</p> <p>Show understanding of the need for safety when tackling new challenges.</p> <p>Avoid dangerous places and equipment.</p>	<p>Show some understanding that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health.</p> <div style="display: flex; flex-direction: column; align-items: center;">  </div>	<p>Explore malleable materials by patting, stroking, poking, squeezing, pinching and twisting them.</p> <p>Use increasing control over an object, such as a ball, by touching, pushing, patting, throwing, catching or kicking it.</p> <p>Manipulate materials to achieve a planned effect.</p> <p>Use simple tools to effect changes to the materials.</p> <p>Show understanding of how to transport & store equipment safely.</p> <p>Practise some appropriate safety measures without direct</p>

new challenges.

Avoid dangerous places and equipment.

Construct with large materials such as cartons, fabric and planks.



equipment safely.

Practise some appropriate safety measures without direct supervision.

Early learning goals

Move with confidence, imagination and in safety.

Move with control and coordination.

Travel around, under, over and through balancing and climbing equipment.

Show awareness of space, of themselves and of others



Recognise the importance of keeping healthy, and those things which contribute to this.

Recognise the changes that happen to their bodies when they are active



Use a range of small and large equipment.

Handle tools, objects, construction and malleable materials safely and with increasing control.

