

Nursery

Go up steps and stairs, or climb up apparatus, using alternate feet.

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Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.

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Skip, hop, stand on one leg and hold a pose for a game like musical



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Use large-muscle movements to wave flags and streamers, paint and make marks.

Nursery

Choose the right resources to carry out their own plan. For example, choosing a spade to enlarge a small hole they dug with a trowel.

The Nursery Sports Person
I can.....

Nursery

Start taking part in some group activities which they make up for themselves, or in teams.

Nursery

Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks.

Nursery

Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width.

Nursery

Are increasingly able to use and remember sequences and patterns of movements which are related to music and rhythm.