|  |  |
| --- | --- |
| **Optimum Learning Point** | **Steps to success** |
|  | I can push my chest up with straight arms  |
|  | I can sit comfortably on a chair for a short time |
|  | I can sit up on the floor comfortably for a short duration |
|  | I can crawl |
|  | I can run |
|  | I can jump with both feet off the ground |
|  | I can kick a large and light ball |
|  | I can run with independence |
|  | I can start to use the stairs with independence |
|  | I can begin to climb on apparatus indoors and outdoors with some confidence **Leading to** |
|  | I can fit myself into spaces such as tunnels, dens and boxes and box around within them |
|  | I can begin to balance as I climb and /or use apparatus indoors and outdoors |
|  | I can sit on a push along wheeled toy and use my feet to move myself, **leading to** |
|  | I can ride a tricycle with pedals |
|  | I can carry items of reasonable weight (for example a small bucket with sand or water in) with two hands over a short distance |
| **Nursery** | I can sit up comfortably on a chair (For example when eating snack/lunch/carrying out an activity in the classroom) |
| **Nursery** | I can sit up comfortably on the floor for increasing lengths of time (for example when playing a game/completing an activity - up to 10 mins) |
| **Nursery** | I can hop |
| **Nursery** | I can skip |
| **Nursery** | I can stand on one leg |
| **Nursery** | I can hold a balance when playing a game |
| **Nursery** | I *c*an wave a streamer by using my whole arm and shoulder, leading to |
| **Nursery** | I can wave a streamer in a full circle with a straight arm and by using my shoulder |
| **Nursery** | I can wave two streamers in a full circle with straight arms using my shoulders |
| **Nursery** | I can go up stairs using alternative feet |
| **Nursery** | I can climb on apparatus with increasing speed, control and confidence |
| **Nursery** | I can swing on bars with my feet off the ground with support, leading to |
| **Nursery** | I can swing on bars with my feet off the ground with independence |
| **Nursery** | I can ride a tricycle or scooter with a good level of control, using my feet/hands and core strength to alter my speed/direction |
| **Reception** | I can roll in a variety of ways. For example stretched and tucked body rolls. Some children may be able to perform a forward roll |
| **Reception** | I can crawl with confidence |
| **Reception** | I can walk and run with confidence, changing speed and direction safely |
| **Reception** | I can perform a two footed jump |
| **Reception** | I can hop confidently |
| **Reception** | I can skip confidently  |
| **Reception** | I can climb freely and confidently |
| **Reception** | I can start to link 2 or three movements together with some fluency. For example, run and then jump while using PE apparatus |
| **Reception** | I can use my spatial awareness to safely use the space and the apparatus around me |
| **Reception** | I can use my core strength and co-ordination to hold a variety of balances on different points of my body for a short duration (up to 5 seconds) |
| **Reception** | I can throw a ball or a bean bag, underarm, with some control over aim and direction |
| **Reception** | I can begin to develop hand eye co-ordination to catch a ball or beanbag |
| **Reception** | I can kick and pass a ball with some control over aim and direction. |
| **Reception** | I can begin to develop the co-ordination to strike a ball/beanbag with a bat/racket |
| **End of Reception checkpoint** | I can negotiate space and obstacles safely with consideration for themselves and others. I can demonstrate strength, balance and co-ordination when playing. I can move energetically by running, jumping, dancing, hopping, skipping and climbing |