

### 3. To be able to use large and small physical equipment confidently, demonstrating skill and safety

<p><b>Milestone 3.1</b></p> <p>Makes connections between their own movements and that of an object</p>	<p>Possible sequence of learning:</p> <ul style="list-style-type: none"><li>• Holds adults' hands when accessing equipment i.e. climbing equipment</li><li>• Runs on whole foot Walks into a large ball</li><li>• Throws small ball overhand without falling</li><li>• Squats with complete steadiness to rest or play with objects on the ground and rises to feet without using hands.</li><li>• Pushes and pulls large wheeled toys easily forward, backwards and is able to start and stop</li><li>• Sits on wheeled toys unaided</li><li>• Throw a ball stiffly at body level</li><li>• Kicks large ball</li><li>• Pushes and pulls toys skilfully but may have difficulty steering</li><li>• Aware of the need for safety with adults' support, i.e. wearing a helmet when riding a wheeled toy</li><li>• Tolerates waiting with adult support</li><li>• Becomes more confident at steering, shows an awareness of objects around them</li><li>• Climbs nursery equipment with agility</li><li>• Jumps from a bottom step</li><li>• Understands stop &amp; go, fast &amp; slow</li><li>• Can stand and walk on tip toe</li><li>• Balances on one foot to climb on to the trike</li><li>• Sits on small tricycle but cannot use pedals</li><li>• Can catch a large ball</li><li>• Develops more control through starting/stopping, not crashing into things</li><li>• Shows confidence in attempting new challenge, pushing pedals of a trike</li><li>• Runs with control and changes direction to avoid obstacles</li><li>• Pedals a tricycle</li><li>• Can throw a ball in the desired direction</li><li>• Kicks a ball with intent and force</li><li>• Can use a bat to hit a ball</li><li>• Steers safely in desired direction and negotiates space</li></ul>
<p><b>Milestone 3.2</b></p> <p>Use large and small motor movements to do things independently</p>	
<p><b>Milestone 3.3</b></p> <p>The child understands the size and movement of his own body in relation to external objects and space</p>	
<p><b>Milestone 3.4</b></p> <p>Accesses a range of large and small equipment (balls, stilts, bikes, climbing frame) with increasing skill</p>	

- Walks (or runs) alone up and down stairs
- Walk across balancing beams independently
- Can run on tip toe
- Uses core strength, balance and co-ordination to use large and small physical equipment
- Uses and understands directional language
- Sits on the balance bike, feet on the ground
- Can sit with knees crossed
- Stands on one foot for a few seconds
- Can hop on preferred foot
- Uses feet to propel bike to go in desired direction, picking up speed
- Shares and takes turns using a timer independently
- Rides with confidence, being able to slow down and stop safely

**Final Milestone**

The child shows control and co-ordination in using large and small physical equipment. They move confidently in a range of ways, safely negotiating space.