

Nursery

Movement	<ul style="list-style-type: none">- Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.- Mounts stairs, steps or climbing equipment using alternate feet.- Walks downstairs, two feet to each step while carrying a small object.- Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles.- Can stand momentarily
----------	--

Reception

Movement	<ul style="list-style-type: none"> - Experiments with different ways of moving - Jumps off an object and lands appropriately - Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles - Travels with confidence and skill around, under, over and through balancing and climbing equipment - Shows increasing control over an object in pushing, patting, throwing, catching or kicking it.
Games and Gymnastics	<ul style="list-style-type: none"> - Listen and respond to instructions - Move different parts in a controlled way when stationary - Use a range of equipment to move with, on/off, over, under, along and through. - Knows, understands and is able to demonstrate how to move objects and equipment safely. - Use a range of small equipment and apparatus with increasing control and accuracy. - Show an awareness of personal and general space. - Start and stop on a given signal. - Travel with changes of speed. - Move and respond to a range of stimuli. - Take turns with equipment. - Follow the rules of a game. - Share space and equipment safely with others. - Dress and undress independently - Develop positive attitudes towards a healthy lifestyle.
Dance	<ul style="list-style-type: none"> - Responds to a range of stimuli including: stories, songs, tapes music, percussion and voice - Expresses ideas imaginatively and communicates feelings through dancing and a widening range of movement - Shows awareness of musical time, pace, rhythms and mood - Recognises repeated sounds and sound patterns and matches movement to music - Joins in movement sessions, musical games, storytelling, individual dance work and dace work with a partner. - Describes simple movements using appropriate vocabulary - Recognises change in their bodies when they are active