

Learning Opportunities: Physical Development

Language Development	Key Vocabulary			
- I need to wait until... - I can ____ the ball - I can use my hands/feet/etc to... - If I try hard I can...	Jump	Safely	Run	Space
	Balance	Hop	Skip	Stop
	Direction	Tag	Score	Catch
	Rules	Travel	Rock	Bounce

Next Step Prompt Questions

- Can I move in different ways?
- Can I make good decisions?
- What is the next step in the sequence?
- How do I move around the space safely?
- When is it my turn?
- What are the rules of the game?
- How can I send and receive the ball?
- What keeps me going?
- What ball games do I know?
- How do I build my confidence to try new challenges and perform in front of others?
- What moves can I do to music?
- How do I show respect to others?

Environment Checklist				Book suggestion	
Mats	Balls	Hoops	Benches	- The Frog Olympics – Brian Moses - Mr Men Sports Day – Roger Hargreaves - Gold Medal Me – Vicki Gausden - Look Inside Sports – Robert Lloyd Jones	
Skipping ropes	Music	Cones	Wall bars		
Bands	Rings	Bats	Hurdles		
Ladders	Tables	Bibs	batons		



Before Nursery, I have had the opportunity to...

- Negotiate space and obstacles safely, with consideration for myself and others.
- Demonstrate strength, balance and coordination when playing.
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

Key Skills

Moving safely, Running, Jumping, Throwing, Catching, Following a path, Climbing, Skipping, Rolling a ball, Stopping a rolling ball, Throwing at a target, Bouncing a ball, Dribbling a ball with, feet, Kicking a ball, Sliding, Galloping, Changing direction, Balancing, Travelling, Coordination, Copying and performing actions