3. To be able to use large and small physical equipment confidently, demonstrating skill and safety	
Pre-Milestones	• Gradually develops ability to hold up own head • Makes movements with arms and legs which gradually become more controlled - moves hands together/legs together • Follows and tracks a sound or moving object, moving head and eyes • When lying on back, plays with hands and grasps feet, alternating mouthing hands/feet with focusing gaze on them, and vocalising • Reaches out for, touches and begins to hold objects, developing later on into being able to release grasp • Rolls over from back to side, gradually spending longer on side waving upper leg before returning to back • Develops roll from back right through to front, gradually becoming happy to spend longer on tummy as able to lift head for longer • When lying on tummy becomes able to lift first head and then chest, supporting self with forearms and then straight arms • Starts to creep (belly crawl commando-style) from prone (on tummy) position on the floor, often moving backwards before going forwards • Belly crawling moves into crawling up on hands and knees • Becomes adept at changing position from crawling to sitting in order to stop, pick up, handle and investigate objects • Sits unsupported on the floor, leaving hands free to manipulate objects with both hands • Picks up objects in palmar grip and shakes, waves, bangs, pulls and tugs them between two hands while looking at them • Pulls to standing from crawling, holding on to furniture or person for support • Walks around furniture lifting one foot and stepping sideways (cruising) • Starts walking independently on firm surfaces and later on uneven surfaces • Starts to throw and release objects overarm. • Pushes, pulls, lifts and carries objects, moving them around and placing with intent • Climbs inside, underneath, into corners and between objects • Manipulates objects using hands singly and together, such as squeezing water out of a sponge

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

Milestone 3.1 Makes connections between their own movements and that of an object	Possible sequence of learning: • Holds adults' hands when accessing equipment i.e. climbing equipment • Runs on whole foot Walks into a large ball • Throws small ball overhand without falling • Squats with complete steadiness to rest or play with objects on the ground and rises to feet without using hands. • Pushes and pulls large wheeled toys easily forward, backwards and is able to start and stop • Sits on wheeled toys unaided • Throw a ball stiffly at body level • Kicks large ball • Pushes and pulls toys skilfully but may have difficulty steering • Aware of the need for safety with adults' support, i.e. wearing a helmet when riding a wheeled toy • Tolerates waiting with adult support • Becomes more confident at steering, shows an awareness of objects around them • Climbs nursery equipment with agility • Jumps from a bottom step • Understands stop & go, fast & slow • Can stand and walk on tip toe • Balances on one foot to climb on to the trike • Sits on small tricycle but cannot use pedals • Can catch a large ball • Develops more control through starting/stopping, not crashing into things • Shows confidence in attempting new challenge, pushing pedals of a trike • Runs with control and changes direction to avoid obstacles • Pedals a tricycle • Can throw a ball in the desired direction • Kicks a ball with intent and force • Can use a bat to hit a ball • Steers safely in desired direction and negotiates space • Walks (or runs) alone up and down stairs
Milestone 3.2 Use large and small motor movements to do things independently	
Milestone 3.3 The child understands the size and movement of his own body in relation to external objects and space	
Milestone 3.4 Accesses a range of large and small equipment (balls, stilts, bikes, climbing frame) with increasing skill	

	• 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.	