



Physical development

2PD.01 Demonstrate increasing control over their bodies when making large and small movements, for example, jump onto or off an object, hop for longer on one foot.
2PD.02 Negotiate space successfully and safely, showing increased agility, balance, coordination and spatial awareness, for example, change direction to avoid still and moving peers and objects, run at speed then stop with control.
2PD.03 Begin to show a higher level of balance, for example, balance on one foot for at least five seconds, walk the length of a narrow beam.
2PD.04 Show some control and coordination in using small and large equipment, including throwing, catching and bouncing a medium- sized ball, and beginning to use a bat and ball.
2PD.05 Engage in a range of activities that involve climbing with increased competence and confidence.
2PD.06 Walk confidently up and down stairs by alternating their feet.
2PD.07 Manipulate small objects with control and improved hand–eye coordination, for example, building bridges with building blocks.
2PD.08 Explore different ways of moving that begin to demonstrate creativity.
2PD.09 Create their own movement patterns by repeating, linking and adapting simple movements, for example, hopping to red 'lily pads' and jumping with two feet onto the brown 'mud'.
2PD.10 Follow basic rules and sequences of simple movement instructions, including instructions containing simple directional language, for example, <i>Stretch up.</i> , <i>Crouch down.</i>
2PD.11 Talk about their own and others' movements using some activity-specific vocabulary, for example, <i>slither</i> , <i>shuffle</i> .
2PD.12 Begin to recognise and talk about their own and others' successes in movement activities and how to make improvements.
2PD.13 Take part willingly in individual, cooperative and competitive activities.
2PD.14 Show respect for others in group movement activities and some understanding of different roles.
2PD.15 Talk about physical activities they take part in at home.
2PD.16 Recognise the importance of their own and others' safety when tackling new movement challenges and equipment.
2PD.17 Manage some risks, practising some appropriate safety measures without direct supervision.