**Physical Development**

**Health and Self-Care**

* Beginning to recognise danger and seeks support of significant adults for help
* Observes the effects of activity on their bodies.
* Understands that equipment and tools have to be used safely.
* Shows understanding of the need for safety when tackling new challenges, and considers and manages some risks.
* Practices some appropriate safety measures without direct supervision.

**Physical Development**

**Moving and Handling**

* 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.
* Experiments with different ways of moving.
* Jumps off an object and lands appropriately.
* Travels with confidence and skill around, under, over and through balancing and climbing equipment.

**Adventure Area**

The adventure area allows children to move freely in a range of ways. It encourages them to climb and balance whilst developing self-awareness of their own bodies’ strengths and limitations.

It will encourage them to build upon their strengths and by fostering a ‘can do’ attitude and perseverance they will overcome their limitations.

Children are able to give themselves challenges and goals to achieve, resulting in a sense of pride in their own achievements through fulfilling the goals they set and completing their own challenges.