

## Physical Development



### Moving and Handling

- Moves freely and with pleasure and confidence in a range of ways.
- Negotiates space successfully when playing racing and chasing games, adjusting speed and changing direction to avoid obstacles
- Shows increasing control over an object, in pushing, patting, throwing, catching or kicking it.
- Draws lines and circles using gross motor movements.
- Uses one handed tools and equipment.
- Holds a pencil near the point between first two fingers and thumb and uses it with good control.
- Can copy some letters.



## Health and self-care

- Can tell adults when hungry or tired or when they want to rest or play.
- Observes the effects of activity on their bodies.
- Shows understanding of the need for safety when tackling new challenges, and considers and manages some risks.
- Usually dry and clean during the day.
- Dresses with help.