



Dosthill Primary School

I am working towards Building Block **AK** in Physical Development

Moving and Handling

1.	I can walk upstairs holding the hand of an adult.	
2.	I can come downstairs backwards on knees (crawling).	
3.	I am beginning to balance blocks to build a small tower	
4.	I can make connections between my movement and the marks I make.	

Health and Self-Care

1.	I am developing my own likes and dislikes in food and drink.	
2.	I am willing to try new food textures and tastes.	
3.	I can hold a cup with both hands and drink it without spilling much of it.	
4.	I can clearly communicate when my pants are wet or soiled.	
5.	I can show some awareness of bladder and bowel urges.	
6.	I can show an awareness of what a toilet is used for.	
7.	I can show a desire to help with my dressing/undressing and hygiene routines.	



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I am working Building Block **BN** in Physical Development

Moving and Handling

1.	I can run safely on my whole foot.	
2.	I can squat with steadiness to rest or play with an object on the ground, and can rise to my feet without using my hands.	
3.	I can climb confidently and I am beginning to pull myself up on nursery play climbing equipment.	
4.	I can kick a large ball.	
5.	I can turn the pages in a book, sometimes several at once.	
6.	I can show control when holding and using jugs to pour, hammers, books and mark-making tools.	
7.	I am beginning to use three fingers to hold writing tools	
8.	I can imitate drawing simple shapes such as circles and lines.	
9	I can walk upstairs or downstairs holding onto a rail two feet to a step.	
10.	I am beginning to show a preference for a dominant hand.	

Health and Self-care

1.	I can feed self competently with spoon.	
2.	I can drink well without spilling.	
3.	I can clearly communicate my need for the toilet.	
4.	I am beginning to recognise danger and seek support of an significant adult for help.	
5.	I can help with clothing, e.g. puts on hat, unzips zipper on jacket, take off unbuttoned shirt.	
6.	I am beginning to be independent in self-care, but still often need the support of an adult.	





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I am working towards Building Block **AN** in Physical Development

Moving and Handling

1.	I can move freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.	
2.	I can mount stairs, steps or climbing equipment using alternate feet.	
3.	I can walk downstairs, two feet to each step while carrying a small object.	
4.	I can run skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles.	
5.	I can stand momentarily on one foot when shown.	
6.	I can catch a large ball.	
7.	I can draw lines and circles using gross motor movements.	
8.	I can use one-handed tools and equipment, e.g. makes snips in paper with child scissors.	
9.	I can hold a pencil between my thumb and two fingers, no longer using whole-hand grasp.	
10.	I can hold a pencil near its point between my first two fingers and thumb and can use it with good control.	
11.	I can copy some letters, e.g. letters from my name.	

Health and Self-care

1.	I can tell an adult when I am hungry or tired or when I want to rest or play.	
2.	I can observe the effects of activity on my body.	
3.	I understand that equipment and tools have to be used safely.	
4.	I have gained more bowel and bladder control and can attend to toileting needs most of the time by myself.	
5.	I can usually manage washing and drying hands.	
6.	I can dresses with help, e.g. puts arms into open-fronted coat or shirt when held up, pulls up own trousers, and pulls up zipper once it is fastened at the bottom.	



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I am working Building Block **BR** in Physical Development

Moving and Handling

1.	I can explore different ways of moving.	
2.	I can jump off an object and land appropriately.	
3.	I can negotiate space successfully when playing racing and chasing games with other children, adjusting my speed or changing my direction to avoid obstacles.	
4.	I can travel with confidence and skill around, under, over and through balancing and climbing equipment.	
5.	I can show increasing control over an object in pushing, patting, throwing, catching or kicking it.	
6.	I can use simple tools to effect changes to materials.	
7.	I can handle tools, objects, construction and malleable materials safely and with increasing control.	
8.	I can show a preference for a dominant hand.	
9	I am beginning to use anticlockwise movement and retrace vertical lines.	
10.	I am beginning to form recognisable letters.	
11.	I can use a pencil and holds it effectively to form recognisable letters, most of which are correctly formed.	

Health and Self-Care

1.	I can eat a healthy range of foodstuffs and I understand the need for variety in food.	
2.	I am usually dry and clean during the day.	
3.	I can show some understanding that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health.	
4.	I can show an understanding of the need for safety when tackling new challenges, and considers and manages some risks.	
5.	I can show an understanding of how to transport and store equipment safely.	
6.	I can practice some appropriate safety measures without direct supervision.	



Dosthill Primary School I am working Building Block AR in Physical Development		
Moving and Handling		
1	I can show good control and co-ordination in large and small movements.	
2.	I can move confidently in a range of ways, safely negotiating space.	
3.	I can handle equipment and tools effectively, including pencils for writing.	
Health and Self-Care		
1	I know the importance for good health of physical exercise, and a healthy diet, and I can talk about ways to keep healthy and safe.	
2	I can manage my own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.	



Dosthill Primary School

I am working Building Block **B1** in Physical Development

Moving and Handling

1.	I can hop confidently and skip in time to music.	
2.	I can hold paper in position and use my preferred hand for writing, using the correct pencil grip.	
3.	I am beginning to be able to write on lines and control letter size	

Health and Self-care

1	I know about and can make healthy choices in relation to healthy eating and exercise.	
2	I can dress and undress independently, successfully managing fastening buttons or laces.	