



## Autumn Term - Exploring & Building Confidence

### Focus:

Developing confidence, control and awareness of space.

### Key Development Areas:

- Gross motor strength
- Balance and coordination
- Understanding simple rules
- Spatial awareness (not bumping into others)

### Skills Progression:

#### Weeks 1-4: Getting Started

- Learning how to mount and dismount safely
- Moving forwards using pedals or feet
- Holding handlebars correctly
  - Beginning to steer
- Stopping when adult says "Stop"
- Simple "follow the arrows" track

#### Weeks 5-8: Basic Control

- Steering around large cones
  - Starting and stopping independently
- Introducing gentle curves in track
- Simple "slow zone" and "go zone"
- Moving around others safely

#### Weeks 9-12: Introduction to Obstacles

- Riding through wide cone gates
- Going over flat ground markers
- Walking wheeled toys over low planks
- Simple stop-and-go games (traffic lights)

### End of Autumn - Children should:

- ✓ Move independently with confidence
- ✓ Begin steering with control
- ✓ Show awareness of others
- ✓ Follow 1-step instructions



## Spring Term - Developing Control & Challenge

### Focus:

Improving control, coordination and decision-making.

### Key Development Areas:

- Core strength
- Directional control
- Listening and responding quickly
- Managing speed

#### Weeks 1-4: Improving Steering

- Tighter turns around cones
- Riding in a figure-of-eight
- Introducing gentle slopes
- Stopping at marked "stations"

#### Weeks 5-8: Introducing Simple Courses

- Riding through zig-zag cone lines
- Going under pool noodles or low arches
- Carrying light objects in wheelbarrows
- Parking in marked bays

#### Weeks 9-12: Traffic Awareness

- Following simple road markings
- Taking turns
- Understanding basic "traffic rules"
- Introducing simple one-way system

### End of Spring - Children should:

- ✓ Steer with improved accuracy
- ✓ Control speed more effectively
- ✓ Follow 2-step instructions
- ✓ Begin to anticipate others' movements



## Summer Term - Mastery, Confidence & Independence

### Focus:

Fluency, independence and cooperative play.

### Key Development Areas:

- Endurance
- Risk assessment
- Problem solving
- Teamwork

#### Weeks 1-4: Complex Courses

- Full obstacle circuit
- Combining ramps, cones and parking bays
- Starting and stopping at specific points
- Timed challenges (non-competitive focus)

#### Weeks 5-8: Skill Refinement

- Narrower cone gaps
- More advanced steering patterns
- Moving objects from one place to another
- Partner challenges (follow the leader)

#### Weeks 9-12: Independent Riding & Games

- Children designing simple tracks
- Cooperative games
- Obstacle relays (team-based, supportive)
- Free choice with adult-guided extension

- ✓ Move with control and fluency
- ✓ Navigate obstacles independently
- ✓ Demonstrate strong spatial awareness
- ✓ Show increased stamina and confidence

Dear Parents and Carers,

We are excited to introduce a new weekly session for our Nursery children called **Wheelie Wednesday!**

Each week, the children will have the opportunity to use the large Reception playground to develop their riding skills using our range of wheeled toys, including tricycles, balance bikes, scooters, ride-ons and wheelbarrows. We will also set up fun and engaging obstacle courses to help build confidence and coordination.

Wheelie Wednesday is designed to support your child's physical development by helping them to:

- Develop balance and coordination
- Build core strength and stamina
  - Improve spatial awareness
- Learn how to steer, stop and control speed
- Practise turn-taking and following simple rules
- Grow in confidence and independence

Throughout the year, activities will gradually become more challenging as the children's skills develop. Sessions will always be carefully supervised, and safety will be a key focus as children learn how to move around others responsibly.

**What your child will need:**

Please ensure your child comes to Nursery wearing suitable clothing and closed-toe shoes (trainers are ideal). As we will be using the outdoor playground, coats should be provided in colder weather.

We are really looking forward to seeing the children develop their skills, confidence and enjoyment through this exciting new weekly session.

If you have any questions, please do not hesitate to speak to a member of the Nursery team.

Kind regards,

**The Nursery Team**

