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| **PHYSICAL DEVELOPMENT:** **HEALTH AND SELF-CARE** |
| **EXCEEDING**Children know about, and can make healthy choices in relation to healthy eating and exercise. They can dress and undress independently, successfully managing fastening buttons or laces. |
| **Curriculum:**What is taught | **Teaching:**How curricular content is taught |
| How to fasten buttons or tie laces | * Model how to fasten buttons/ tie laces as appropriate
* Encourage greater independence when dressing
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| How to make healthy choices | * Encourage children to justify and apply their thoughts about healthy eating and exercise (e.g. when choosing their dessert, or when setting themselves a challenge during an activity such as running laps around the track)
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| **ELG**Children know the importance for good health, of physical exercise and a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently |
| **Curriculum:**What is taught | **Teaching:**How curricular content is taught |
| How to manage their own basic hygiene and personal needs, including dressing and going to the toilet independently | * Independence encouraged from when children start Nursery, e.g. putting on own coat, pulling up trousers, etc. (where appropriate)
* When needed, talk with parents about how they can support their child with self-care at home, what we are doing at school, and work with them to develop a plan
* Progression in expectations for dressing self, e.g. changing for P.E.
* Provide other opportunities for dressing, e.g. putting on role-play clothes, dressing a doll, etc.
* Talk about the importance of hand-washing
* Talk about the reasons for different things, such as wearing wellies when it’s snowing, or wearing a hat when it’s sunny
* Ensure that there is an area where children can rest quietly if they need to
* Cater for individual needs and adapt activities where necessary
* Encourage children to manage their own needs by thinking about what to do (e.g. taking off their jumper if they are too hot)
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| Other ways to keep healthy and safe | * Model and encourage the safe use of tools, equipment and space (see ‘Moving and Handling)
* Talk about ways to keep safe in new situations (e.g. when visiting the church, library bus or Stillington Forest Park)
* Talk about/encourage children to talk about safety listening to a grown up when out, regarding roads, stranger danger
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| That physical exercise and a healthy diet are important for good health | * Provide opportunities for children to talk about what they like to eat whilst reinforcing messages about healthy choices.
* Provide opportunities for children to be involved in preparing food
* Encourage children to try new foods (where appropriate)
* Encourage children to be lively and energetic in a range of ways
* Encourage children to talk about the effects of activity on their bodies
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