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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 |
| 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) |
| **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) |
| 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 |
| 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 |