

## EYFS curriculum planning for Physical Development - Health and Self-care

Nursery 1- repeated due to staggered intake throughout N1 & September N2	Nursery 2	Reception
<p><u>Autumn term</u>  <u>When children start Nursery</u>            We will <b>teach and support</b> the children</p> <ul style="list-style-type: none"> <li>• to wash and dry hands independently (30-36)</li> <li>• to use the toilet independently without needing to tell or ask an adult (37-45)</li> <li>• Take off and hang up their own coat whenever they come in with help where needed (37-45)</li> <li>• To take off their shoes and put on wellingtons for the outdoor area with help where needed (37-45)</li> <li>• Sit at the snack table and choose a piece of fruit, eating safely (37-45)</li> <li>• To drink from a cup without spilling</li> <li>• To use the outdoor climbing equipment safely (37-45)</li> <li>• To transport and use safely the crates collection including planks and poles (37-45)</li> <li>• To use scissors safely (30-36)</li> <li>• To use a knife to cut food and a fork to pick up food (37-45)</li> </ul>	<p><u>Autumn term</u>  <u>New N2 children will be taught</u></p> <ul style="list-style-type: none"> <li>• to wash and dry hands independently (30-36)</li> <li>• to use the toilet independently without needing to tell or ask an adult (37-45)</li> <li>• Take off and hang up their own coat whenever they come in with help where needed (37-45)</li> <li>• To take off their shoes and put on wellingtons for the outdoor area with help where needed (37-45)</li> <li>• Sit at the snack table and choose a piece of fruit, eating safely (37-45)</li> <li>• To drink from a cup without spilling</li> <li>• To use the outdoor climbing equipment safely (37-45)</li> <li>• To transport and use safely the crates collection including planks and poles (37-45)</li> <li>• To use scissors safely (30-36)</li> <li>• To use a knife to cut food and a fork to pick up food (37-45)</li> </ul> <p>The children already in Nursery will be expected to become increasingly independent in the above.            In addition:</p> <ul style="list-style-type: none"> <li>• through snack and other opportunities they will be encouraged to eat a healthy range of foodstuffs and understands need for variety in food. (37-45)</li> </ul>	<p><u>Autumn term</u>  <u>The children will revisit and be taught how</u></p> <ul style="list-style-type: none"> <li>• To use the outdoor climbing equipment safely (46-54)</li> <li>• To transport and use safely the crates collection including planks and poles (46-54)</li> </ul> <p><u>As part of daily routines the children will learn to</u></p> <ul style="list-style-type: none"> <li>• Brush their teeth independently and understand about dental health (55-62)</li> <li>• Wash their hands to maintain good health (46-54,55-62)</li> <li>• Begin to dress and undress independently, managing a range of fastenings independently (63-70)</li> <li>• With increasing independence manage their personal hygiene (63-70)</li> <li>• Talk about and encourage the children to make healthy food choices. (55-62)</li> <li>• To use tools to prepare and eat food - snack, lunchtime</li> <li>• To independently have their snack, eating safely, choosing one piece of fruit and pouring their drink with a 'pouring partner</li> </ul>

<p><u>Spring term</u> As Autumn term</p>	<p><u>Spring term</u> The above will continue to be part of everyday expectations and in addition we will teach the children</p> <ul style="list-style-type: none"> <li>• To understand the need for safety when tackling new challenges, and to think about their personal safety and how to manage risk (46-54)</li> <li>• To use a knife and fork together to cut and pick up food</li> <li>• Begin to pour their drink at snack time with a 'pouring partner'</li> </ul>	<p><u>Spring term</u> <b>The children will learn:</b></p> <ul style="list-style-type: none"> <li>• Which foods are health/unhealthy and about the dangers of unhealthy foods (55-62)</li> <li>• About common illnesses and how to prevent them (55-62)</li> <li>• About and understand the work of medical practitioners e.g. doctors, dentists (63-70)</li> <li>• Dress and undress independently, managing a range of fastenings independently (63-70)</li> <li>• Independently manage their personal hygiene (63-70)</li> </ul>
<p><u>Summer term</u> As Autumn term</p>	<p><u>Summer term</u> In addition we will teach the children</p> <ul style="list-style-type: none"> <li>• How exercise, eating, sleeping and hygiene can contribute to good health. (46-54)</li> <li>• To use a knife and fork together to cut and pick up food</li> <li>• To pour their drink at snack time with a 'pouring partner'</li> </ul>	<p><u>Summer term</u> <b>The children will be expected to</b></p> <ul style="list-style-type: none"> <li>• Practice some appropriate safety measures without direct supervision (46-54)</li> <li>• <b>They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently. (ELG)</b></li> <li>• </li> </ul> <p><b>Exceeding</b></p> <ul style="list-style-type: none"> <li>• Children know about and can make healthy choices in relation to healthy eating and exercise.</li> <li>• They can dress and undress independently, successfully managing fastening buttons or laces.</li> </ul>