



EYFS links to Health and Well Being

End of 2 year old provision:

- I can express my own likes and dislikes in food and drink. **Snack time**
- I can try new food textures and tastes.
- I can hold a cup and drink without much spilling.
- I can clearly communicate wet or soiled nappy or pants.
- I can show awareness of what a toilet is used for.
- I can help with dressing/undressing and hygiene routines.
- I can use a variety of questions (e.g. what, where, who).

During Nursery

- I have my own likes and dislikes in food and drink.
- I am willing to try new food textures and tastes. **Snack time**
- I can hold a cup with both hands and drink without much spilling.
- I can feed myself competently with a spoon.
- I can drink well without spilling.
- I can clearly communicate my need for the toilet.
- I can show a desire to help with dressing/ undressing and hygiene routines.
- I am beginning to be independent in self-care, but still often need adult support.
- I can stop confidently when moving around the environment and can now run safely.
- I can walk confidently.
- I can climb onto furniture.
- I can walk upstairs with my hand held.
- I can run but sometimes fall.
- I can squat to pick up toys.

End of Nursery

- I can tell adults when I am hungry or tired or when I want to rest or play.
- I understand that equipment and tools have to be used safely.
- I can usually manage washing and drying hands.
- I can run skilfully and negotiate space successfully, adjusting speed or direction to avoid obstacles.
- I can use one-handed tools and equipment, e.g. make snips in paper with child scissors. **Creative area**
- I can tell an adult what I have drawn or painted. **Mark making**
- I can ask questions about my observations of differences and similarities.



Lainesmead
Primary School and Nursery

EYFS links to Health and Well Being

During EYFS2

- I can tell adults when I'm hungry or tired or when I want to rest or play.
- I understand that equipment and tools have to be used safely. **Follow rules**
- I can usually manage washing and drying hands.
- I can choose to eat a healthy range of foodstuffs and understand the need for variety in food. **Food tasting**
- I can show some understanding about good practices with regard to exercise, eating, sleeping and hygiene.
- I can show understanding of the need for safety when tackling new challenges and consider and manage some risks.
- I am dry and clean during the day.
- I can dress and undress independently.
- I can show interest in and describe the texture of things.
- I can explain my own knowledge and understanding, and ask appropriate questions of others.

ELG

- I know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. **Food tasting, active lifestyle, PE**
- I manage my own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.
- I can answer 'how' and 'why' questions about my experiences and in response to stories or events.
- I can handle equipment and tools effectively.
- I can select and use technology for particular purposes. **Ipad, Interactive white board**
- I can safely use and explore a variety of materials, tools and techniques, experimenting with colour, design, texture, form and function. **Creative area**