



EYFS1 links to Health and Well Being

How Can We Stay Healthy?

Physical Development

- I can kick a large ball
- I can stop confidently when moving around the environment and can now run safely
- I am beginning to get dressed and undressed e.g. putting coats on doing up zips

PSED

- I am beginning to be independent in self-care but often still need an adult support.
- I can clearly communicate my need for the toilet.
- I can understand that equipment and tools have to be used safely.
- I can make healthy choices about food, drink and tooth brushing.
- I am aware of my own feelings and know that some actions and words can hurt others feelings.

Vocabulary:

Healthy, teeth, body, food, toilet, fruit,
vegetables, bones, balanced, strong, feelings,
hand washing

EYFS2 links to Health and Well Being

How Can We Stay Healthy?

Physical Development

- I can revise and refine the fundamental movement skills they have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping and climbing
- Progress towards a more fluent style of moving, with developing control and grace.
- Develop their small motor skills so that they can use a range of tools competently, safely and confidently. Suggested tools: pencils for drawing and writing, paintbrushes, scissors, knives, forks and spoons.
- Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.

Communication and Language

- I can understand how to listen carefully and why listening is important.

PSED

- I know and can talk about the different factors that support my overall health and wellbeing: regular physical activity, healthy eating, tooth brushing, sensible amounts of 'screen time', having a good sleep routine, being a safe pedestrian
- I can show understanding of the need for safety when tackling new challenges and consider and manage some risks
- I can dress and undress independently
- I can choose to eat a healthy range of food stuffs and understand the need for a variety in food.
- I willingly partake in a wide range of activities.

Vocabulary:

Healthy, teeth, body, food, toilet, fruit, vegetables, bones, balanced, strong, emotions, hand washing, movement