Curriculum Area	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	These are things that all children should be doing throughout the year, growing in skill and confidence					
	-Follows a consistent daily **pattern** for eating, toileting and sleeping, understanding why this is important. -Enjoys a range of physical exercise activities and is beginning to understand why this is part of a healthy lifestyle. -Can observe their breath, noticing that it increases during physical activity -Can begin to say why handwashing is important for health. -Can begin to say why healthy practises and routines are important, including tooth brushing, screen time and pedestrian safety. - Shows understanding of the need for safety when tackling new challenges and considers and manages some risks. -Shows understanding of how to transport and store equipment safely. -Practices some appropriate safety measures without direct supervision -Can line up/wait safely in school.					
Health and Self-Care	-Be willing to try new food textures and tastes **Aut 1 Introduce to snack and lunch times** -Usually dry and clean during the day with some reminders from familiar adults. -Will drink from their water bottle with reminder from familiar adult. -Will attempt to dress and undress themselves, with an adult supporting them. **Aut 1 putting on waterproof clothing and apron** -Are willing to wash their hands thoroughly with adult reminder and support.	- Be willing to try new food textures and tastes **Aut 2 Try Diwali celebration food** -Usually dry and clean during the day with some reminders from familiar adults. -Will remember to drink from their water bottle when thirsty and will ask for a drink if needed. -Will attempt to dress and undress themselves, with an adult supporting them. -Are willing to wash their hands thoroughly with adult reminder and support.	-Eats a variety of food- a balanced, healthy diet. **Sp 1 Make and eat Chinese noodles with a range of vegetables; makes and eats healthy flapjack; Invite a dental nurse into school** -Usually dry and clean during the day, able to independently choose when to go to the toilet. -Will remember to drink from their water bottle when thirsty and will ask for a drink if needed. -Will attempt to dress and undress themselves, with an adult supporting them. **Sp 1 Arctic and Chinese dressing up clothes** -Usually remember when to wash their hands and can do so independently.	-Eats a variety of food- a balanced, healthy diet. -Usually dry and clean during the day, able to independently choose when to go to the toilet. -Will remember to drink from their water bottle when thirsty and will ask for a drink if needed. -Will attempt to dress and undress themselves, with an adult supporting them. -Usually remember when to wash their hands and can do so independently.	-Can talk about their healthy food choices. **Sum 1 Make a healthy sandwich** -Usually dry and clean during the day, able to independently choose when to go to the toilet. -Will remember to drink from their water bottle when thirsty and will ask for a drink if needed. Can begin to talk about why drinking water is part of a healthy lifestyle. -Can do the majority of dress and undressing themselves independently. -Usually remember when to wash their hands and can do so independently.	-Can talk about their healthy food choices. **Sum 1 Making a picnic for family at the end of the year** -Usually dry and clean during the day, able to independently choose when to go to the toilet. -Will remember to drink from their water bottle when thirsty and will ask for a drink if needed. Can begin to talk about why drinking water is part of a healthy lifestyle. -Can do the majority of dress and undressing themselves independently. -Usually remember when to wash their hands and can do so independently.