

Physical Development

Health and self-care

Birth – 11 months

- *Responds to and thrives on warm, sensitive physical contact and care*

Aadam

Aadam is sitting on the floor with support from his mum. He tried to get toys out from the basket., then he gets upset and starts crying. Mum picks him up and puts him on her shoulder and pats him on his back, and Aadam stops crying and falls asleep.

8 – 20 months

- *Holds own bottle or cup*

Sylvie

Sylvie holds a beaker with both hands



16 – 26 months

- *Develops own likes and dislikes in food and drink*

Nashmia

On her first full day at nursery, Nashmia was happy to have apple and banana for snack. She didn't like the skin of the apple so she managed to nibble the centre of her slice and leave the skin!

- *Holds cup with both hands and drinks without much spilling*

Rehma

Rehma is able to hold her own beaker and will say "juice?" when she wants a drink

22 – 36 months

- *Clearly communicates their need for potty or toilet*

Averi

Averi is beginning to go and sit on the toilet with his nappy on, he is also doing this at home.

30 – 50 months

- *Can tell adults when hungry or tired or when they want to rest or play*

Zak

Zak said "I'm warm". He got a drink of water for himself (and me!) and went to take his coat off.

- *Can usually manage washing and drying hands*

Abdullah

Abdullah is able to wash and dry his hands before he has his snack and when he does painting and sticking

40-60+ months

- *Shows some understanding that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health.*
- *ELG: Children know the importance for good health of physical exercise.*

X – Kaizen Primary School, Newham

After PE, a group of children engage in conversation about the benefits of exercise and healthy eating: X "Your heart beats fast when you exercise." X "You can get your muscles big." X "You don't get sick." X "If you do exercise it makes you grow up." X "If you exercise, you gonna get stronger and your muscles will grow up." X "Your heart beats lots of blood". X "You can do exercise to lose weight." . "You need to do exercise to keep your body skinny." X "You have to do exercise to keep your body strong."



X builds an obstacle course with large blocks. After adult

prompting, she steps on the blocks to check if they are safe. She continues to build, alerting others to pay attention when walking on the course.

- *Shows understanding of the need for safety when tackling new challenges, and considers and manages some risks.*



X and X tie a skipping rope to the trolley and both of them are able to skip whilst the other moves the rope. They check the floor to see if it's slippery.