

**Key:**

30-50months

40-60months

ELG

Exceeding

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 my hands.

I know the importance for good health of exercise, and a healthy diet and talk about ways to keep healthy and safe.

I observe the effects activity has on my body.

I can dress with help.

I am gaining more bowel and bladder control.

I can attend to toileting needs most of the time

Reception -  
Physical Development  
Health and self-care

I manage my own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.

I eat a healthy range of foodstuffs and I understand the need for a variety in food.

I am usually dry and clean during the day.

I understand the need for safety when tackling new challenges.  
I consider and manage some risks.

I know about, and can make healthy choices in relation to, healthy eating and exercise.

I show some understanding that good practises with regard to exercise, eating, sleeping and hygiene can contribute to good health.

I show some understanding of how to transport and store equipment safely.

I practise some appropriate safety measures without direct supervision.

I can dress and undress independently, managing fastening buttons or laces.