

Physical Health and Wellbeing EYFS	
Moving and Handling	• Move confidently in a range of ways • Perform a single skill or movement with some control • Link 2 movements together
Health and Self-care	• Develop an awareness of changes to the way they feel when they exercise • Know why exercise is important for good health • Follow instructions, practise safely and work on simple tasks
Key vocabulary	Related Vocabulary
Greater Depth:	• Hop confidently and skip in time to music • Know about and make healthy choices in relation to healthy eating and exercise • Dress and undress independently, successfully managing fastening buttons or laces
Topic/Novel Link:	

Defined End Point
<u>Moving and Handling</u> - Show good control and co-ordination in large and small movements - Move confidently in a range of ways, safely negotiating space - Handle equipment and tools effectively <u>Health and Self-Care</u> - Know the importance for good health of physical exercise, and a healthy diet - Talk about ways to keep fit and healthy - Manage their own basic hygiene and personal needs successfully, including dressing