

EYFS HEALTH AND SELF CARE OBJECTIVES																													
	16-26 months							22-36 months						30-50 months						40-60 months						ELG			
	1	2	3	4	5	6	7	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2		
NURSERY																													
Who lives in my house?														✓	✓	✓	✓	✓	✓		✓								
Where does the sky go at night?															✓	✓	✓	✓	✓		✓								
Which colours make you feel happy or sad?													✓							✓		✓	✓	✓	✓				
What would you find on the farm?											✓					✓													
Who goes to the ugly bug ball?												✓																	
What can I do with water?									✓										✓										
RECEPTION																													
What do I know about me?														✓	✓				✓	✓			✓	✓	✓	✓	✓	✓	
Why are there so many leaves on the ground?															✓				✓	✓			✓	✓	✓	✓	✓	✓	
Who are the famous characters in my books?															✓				✓	✓			✓	✓	✓	✓	✓	✓	
Should Goldilocks say sorry?														✓					✓	✓	✓		✓	✓	✓	✓	✓	✓	✓
Are all mini beasts scary?																	✓	✓	✓	✓	✓	✓					✓	✓	
Who can I ask for help?																			✓	✓	✓		✓					✓	✓

Early Years Foundation Stage Objectives

16-26 months

1. Develops own likes and dislikes in food and drink.
2. Willing to try new food textures and tastes.
3. Holds cup with both hands and drinks without much spilling.
4. Clearly communicates wet or soiled nappy or pants.
5. Shows some awareness of bladder and bowel urges.
6. Shows awareness of what a potty or toilet is used for.
7. Shows a desire to help with dressing/undressing and hygiene routines.

22-36 months

1. Feeds self competently with spoon.
2. Drinks well without spilling.
3. Clearly communicates their need for potty or toilet.
4. Beginning to recognise danger and seeks support of significant adults for help.
5. Helps with clothing, e.g. puts on hat, unzips zipper on jacket, takes off unbuttoned shirt.
6. Beginning to be independent in self-care, but still often needs adult support.

30-50 months

1. Can tell adults when hungry or tired or when they want to rest or play.
2. Observes the effects of activity on their bodies.
3. Understands that equipment and tools have to be used safely.
4. Gains more bowel and bladder control and can attend to toileting needs most of the time themselves.
5. Can usually manage washing and drying hands.
6. Dresses with help, e.g. puts arms into open-fronted coat or shirt when held up, pulls up own trousers, and pulls up zipper once it is fastened at the bottom.

40-60 months

1. Eats a healthy range of foodstuffs and understands need for variety in food.
2. Usually dry and clean during the day.
3. Shows some understanding that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health.
4. Shows understanding of the need for safety when tackling new challenges, and considers and manages some risks.
5. Shows understanding of how to transport and store equipment safely.
6. Practices some appropriate safety measures without direct supervision.

ELG

1. Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe.
2. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.