



# Curriculum Area Progression Summary

## Area of Learning: PD – Health & Self care

Stage	Summary of key skills and knowledge to be acquired
1	<ul style="list-style-type: none"><li>• Responds to and thrives on warm, sensitive physical contact and care.</li><li>• Expresses discomfort, hunger or thirst</li><li>• Anticipates food routines with interest</li></ul>
2	<ul style="list-style-type: none"><li>• Attempts to drink and eat with increasing independence</li><li>• Cooperates with intimate care routines and begins to communicate toileting needs</li></ul>
3	<ul style="list-style-type: none"><li>• Willing to try new foods and develops own likes and dislikes in food and drink.</li><li>• Shows an awareness of toileting routines and needs</li></ul>
4	<ul style="list-style-type: none"><li>• Begins to recognise danger and seeks support of significant adults for help.</li><li>• Begins to be independent in self-care (eating, dressing, toileting), but still often needs adult support.</li></ul>
5	<ul style="list-style-type: none"><li>• Can usually manage self-care activities themselves</li><li>• Starts to understand about the body, the effects of activity and the need for rest / play etc</li><li>• Understands that equipment and tools have to be used safely.</li></ul>
6	<ul style="list-style-type: none"><li>• Shows some understanding that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health.</li><li>• Shows understanding of the need for safety when tackling new challenges, and considers and manages some risks.</li></ul>
7	<ul style="list-style-type: none"><li>• Knows the importance for good health of physical exercise, a healthy diet, dental hygiene and limited screen time.</li><li>• Manages their own basic hygiene and personal needs successfully</li><li>• Begins to understand key facts about puberty</li></ul>
8	<ul style="list-style-type: none"><li>• Understands why regular washing of the body is important, particularly after physical activity.</li><li>• Understands the need for safety and manages the risk in familiar activities.</li><li>• Knows how and when to make a call to emergency services</li></ul>
9	<ul style="list-style-type: none"><li>• Understands the importance of good nutrition, personal hygiene, keeping hydrated and active.</li><li>• Recognises some early signs of physical illness and can identify some of the known and trusted places for advice if unwell.</li><li>• Can identify the main changes that males and females experience in puberty</li></ul>
10	<ul style="list-style-type: none"><li>• Understands the basic food groups are, their benefit to well-being and the health issues associated with eating too much fat &amp; sugar.</li><li>• Regularly takes part in activity that improves physical health.</li><li>• Understands some basic facts about legal and illegal harmful substances</li><li>• Begins to recognise that some images of bodies that we see in the media are not real</li><li>• Knows basic concepts of first aid, health and medicines</li></ul>