

Curriculum Area Progression Summary

Area of Learning: Life and Living Skills – Health and Self-care



Stage	Summary of key skills and knowledge to be acquired
Stage 1	<ul style="list-style-type: none"> • Demonstrates fleeting anticipation and realisation to stimuli that can often only be observed by very familiar adults and requires adult interpretation • Fleeting and or inconsistent response to repetitive stimuli
Stage 2	<ul style="list-style-type: none"> • Actively cooperates with dressing and personal care tasks • Responds to functional OOR for eating, drinking, toileting and other self-care tasks • Actively explores during washing tasks, eg. moving hands in water
Stage 3	<ul style="list-style-type: none"> • Can make a choice of food from two real objects • Recognises and attempts to use self care tools such as hairbrush, tooth brush, face wipe intentionally • Cooperates and takes active participation in hygiene routines
Stage 4	<ul style="list-style-type: none"> • Beginning to recognise and seek support of significant adults for help. • Helps with clothing, e.g. puts on hat, unzips zipper on jacket, and takes off unbuttoned shirt. • Beginning to be independent in self-care, but still often needs adult support, eg. turn on tap and place hands under the water
Stage 5	<ul style="list-style-type: none"> • Can tell adults when hungry or tired or when they want to rest or play. • 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. • Respond to stimuli about different health professionals and how they take care of us.
Stage 6	<ul style="list-style-type: none"> • Eats a healthy range of foodstuffs and understands need for variety in food. • Shows some understanding that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health. • Shows understanding of the need for safety when tackling new challenges, and considers and manages some risks. • Practices some appropriate safety measures without direct supervision.

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Stage 7	<ul style="list-style-type: none">• Pupils manage their own basic hygiene and personal needs successfully, including dressing independently.• Try new food.• Knows that regular activity contributes to good health.• Pupils can wash their own hands correctly.
Stage 8	<ul style="list-style-type: none">• Makes healthy food choices some of the time.• Beginning to understand the effects of exercise on the body systems.• Can understand why regular washing of the body is important.• Understands the need for safety and manages the risk in familiar activities.
Stage 9	<ul style="list-style-type: none">• Can identify what contributes to good sleep.• Undertakes new physical activities.• Pupils show an understanding of regularly going outside, getting sunlight and experiencing the countryside.• Pupils understand the importance of keeping hydrated.• Recognises some early signs of physical illness
Stage 10 Entry Level 1	<ul style="list-style-type: none">• Understand what the basic food groups are and their benefit to well-being.• Understand the health issues associated with eating too much fat & sugar.• Regularly takes part in activity that improves physical health.• Can wash/shower on a daily basis and after physical activity.• Pupils are motivated to participate in self-care.