

Green My Body and Wellbeing

-Developing physical control of my body

- [] Exploring their senses
- [] Identifying different body parts.
- [] Moving different body parts.
- [] Developing gross motor skills: Running, running, jumping, swimming, walking down stairs etc.
- [] Sequencing two or more movements together.
- [] Developing fine motor skills.
- [] Choosing a writing hand
- [] Completing two handed activities.
- Developing an understanding of my emotions.
- [] Show emotional responses to stimulus / events
- [] Listen to an adult labelling their emotions
- [] Observe emotions and facial expressions using mirrors
- [] Seeking self-calming activities
- [] Identify when I feel happy and sad
- [] Identify what makes me feel happy and sad.
- [] Begin to name a wide range of emotions
- [] Explore how different emotions make my body feel.
- [] Recognise emotions in other people.
- [] Show empathy – e.g. attempt to comfort someone who looks upset.
- [] Identify how they are feeling with increasing levels of accuracy.
- [] Describe what has happened to make them feel different emotions
- [] Describe why they think someone might feel a certain way.
- [] Seek support from other when experiencing negative emotions
- [] Develop skills to self-regulate emotions.

-Developing healthy lifestyles

-Food and drink:

- [] Eat food when it is given to them.
- [] Identify when they are full and stop eating.
- [] Recognise not everything is edible.

- []Develop preferences for food
- []Explore a wide range of foods including food from different cultures
- []Making choices about what they want to eat.
- []Explore healthy and unhealthy food.
- []Describe healthy and unhealthy food
- []Make healthy choices when eating.

-Exercise:

- []Experience exercise naturally through play
- []Participate in adult led exercise activities.
- []Explore how exercise makes us feel.
- []Show understanding exercise is healthy
- []Describe why exercise is good.
- []Choose to exercise because it is good for our bodies.

-Understanding how our bodies grow and change:

- []Identify different body parts
- []Understand the difference between female and male
- []Explore life cycle of animals
- []Order the life cycle of an animal
- []Explore human life cycles.
- []Order the life cycle of a human
- []Observe and measure our bodies changing e.g. height, shoe size, weight.
- []Identify how our bodies change as we get older.
- []Explore animal and human reproduction.