

Objective No	Physical Development Health and self-care	
	Gender / Ethnicity	
		Total targets
		Number Met
1	Birth - 11 Months	Responds to and thrives on warm, sensitive physical contact and care.
2		Expresses discomfort, hunger or thirst.
3		Anticipates food routines with interest.
4	8 - 20 Months	Opens mouth for spoon.
5		Holds own bottle or cup.
6		Grasps finger foods and brings them to mouth.
7		Attempts to use spoon: can guide towards mouth but food often falls off.
8		Can actively cooperate with nappy changing (lies still, helps hold legs up).
9	16-26 months	Starts to communicate urination, bowel movement.
10		Develops own likes and dislikes in food and drink.
11		Willing to try new food textures and tastes.
12		Holds cup with both hands and drinks without much
13		Clearly communicates wet or soiled nappy or pants.
14		Shows some awareness of bladder and bowel urges.
15		Shows awareness of what a potty or toilet is used for.
16	22-36 months	Shows a desire to help with dressing/undressing and hygiene routines.
17		Feeds self competently with spoon.
18		Drinks well without spilling.
19		Clearly communicates their need for potty or toilet

20		Beginning to recognise danger and seeks support of significant adults for help.
21		Helps with clothing, e.g. puts on hat, unzips zipper on jacket, takes off unbuttoned shirt.
22		Beginning to be independent in self-care, but still often needs adult support.
23	30-50 months	Can tell adults when hungry or tired or when they want to rest or play.
24		Observes the effects of activity on their bodies.
25		Understands that equipment and tools have to be used safely
26		Gains more bowel and bladder control and can attend to toileting needs most of the time themselves.
27		Can usually manage washing and drying hands.
28		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.
29		Eats a healthy range of foodstuffs and understands need for variety in food.
30		Usually dry and clean during the day.
31		Shows some understanding that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health.
32		Shows understanding of the need for safety when tackling new challenges, and considers and manages some risks.
33		Shows understanding of how to transport and store equipment safely
34		Practices some appropriate safety measures without direct supervision.
35	EL Goal	Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.
91	KS1	Working on KS1 objectives

