



Swimming

Enter the water safely and move in all directions for a short distance.

I am confident in getting into the water and moving around in different directions.

Be at ease with water showered from above and wetting the face.

I don't mind getting water splashed on my face.

Maintain a floating position with aids or support.

I can float in the water on my back or front with the aid of a float.

Push and glide in a horizontal position from the side.

I can push off from the side and float across the pool.

Demonstrate an understanding of water safety.

I know how to stay safe in water - stay in depth / signal for help / follow instructions and signs / etc.

Diet and Hygiene

Understand that food is a basic requirement and is needed to keep us healthy and give us energy to grow.

I know that my body needs food to help me grow and stay healthy.

Explain how to stay safe in the sun.

I know that too much exposure to the sun can cause me harm and sun block can help protect me.

Begin to identify ways of stopping harmful germs.

I know that I need to keep clean and healthy to help prevent germs spreading.

Identify the hazardous sign on bottles.

I know that there are symbols on a bottle or packet that tells me when it contains something that can harm me.

Understand that a doctor can help make them feel better.

I know that a doctor has special knowledge and skills to help keep me fit and healthy and that I should follow the advice they give.

Healthy Bodies

Identify and name some large bones.

I can name some of the bones in my body.

Understand why the brain, heart and lungs are important body parts.

I know why the brain, heart and lungs are important body parts.

Begin to understand how our body heals itself (bruising / scabs / etc.)

I know why, that if I injure my body it will bruise and if I have a cut, it will scab over as it heals.

Healthy mind

Identify that exercise is good for our minds.

I know that exercise has a positive effect on our minds.

Recognise basic emotions in themselves and why these may happen.

I know that my feelings can change depending on what is happening around me.

Begin to set realistic goals to achieve.

I know what I would like to achieve and whether this is realistic or not.

Understand the term 'determination'.

I know determination means not giving up when things are difficult.

Identify whether a target has been met.

I know when I have achieved what I set out to do.