



HEALTH AND WELLBEING


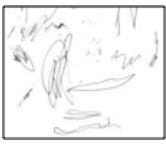





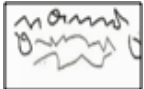


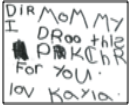
Experiences and Outcomes for planning learning, teaching and assessment	Skills	Paths of Progression					I have developed the skills to.....
Bundle 1 0-01a 0-02a	Understanding emotions	I express my feelings	I identify core feelings (happy sad angry scared)	I express these feelings in verbal and non-verbal ways	I have developed strategies to deal with my emotions e.g. Stop take a deep breath and say what the problem is and how it makes me feel (PATHS)	I am able to describe how I feel in different situations	understand that thoughts and emotions can affect how I feel and behave
Bundle 2 0-03a 0-04a 0-06a 0-08a 0-45a	Communicating Empathising	I know when I need help	I know who I can go to if I need help	I know who I can go to if I need to talk about how I feel	I recognise when others need help	I am aware of others and am able to show empathy	be aware that my behaviour, words and actions can affect how others feel
Bundle 3 0-05a 0-14a 0-23a 0-44a 0-44 b 0-45b	Building relationships Sharing Turn taking	I play alongside others	I am able to play with others and can form friendships	I play as part of a group and let others join in	I follow rules and routines within a variety of contexts.	I play co-operatively, share with others and take turns	be helpful and friendly in a variety of situations and begin to show respect for others.
Bundle 4 0-07a	Adapting to change Resilience	I cope with daily routines	I am learning that daily routines and familiar situations may change	I seek comfort when I am sad	If I am worried I can tell someone	I discuss changes within my life and how it makes me feel	show self- control and cope with change (different situation)
Bundle 5 0-09a 0-12a 0-13a	Listening Respecting	I listen to others	I respect the property of others.	I understand the need to have rules	I participate in whole school/centre events and outings	I express my opinions and views and know they will be valued	begin to identify the rights of each child
Bundle 6 0-10a 0-47a	Recognising similarities and differences Understanding	I feel safe in my school/centre and enjoy being part of it	I am happy settled and engaged in my learning	I recognise that there are similarities and differences between friends	I explain why we are all the same or different to others	I am beginning to be able to recognise some of my strengths	begin to recognise skills, talents, similarities and differences in myself and others
Bundle 7 0-11a	Persevering Concentrating	I am able to focus on experiences that I find interesting	I am able to follow instructions to complete a task	I talk about what I have learned	I accept support to learn something new	I work alongside others	concentrate on an activity with sustained interest
Bundle 8 0-15a 0-47b 0-48a	Labelling Describing	I name some parts of my body	I know that some parts of my body are private	I understand the need for privacy in certain situations e.g. toilets and getting changed	I am beginning to understand how some body parts work	I am beginning to feel the effect of exercise on my body	name some body parts and describe what they do.
Bundle 9 0-16a 0-17a 0-18a 0-42a	Listening Comprehension	I understand rules are for keeping me and others safe	I am beginning to understand what an emergency situation is	I name some of the people who can help me in an emergency situation	I know I must sit in a car seat and harness in a car	I explain how to cross a road safely	contribute to and follow rules in different situations and understand they are to keep me and others safe

Experiences and Outcomes for planning learning, teaching and assessment	Skills	Paths of Progression					I have developed the skills to.....
Bundle 10 0-19a 0-20a 0-25a	Communicating Listening, Deciding, Observing, Creating	I say/discuss/show others what I like to do	I choose to take part in a variety of indoor and outdoor games and experiences	I choose between two activities and give a reason for my choice	I use role play to recreate or invent situations	I say what people do in their jobs e.g. police, shop keeper mechanic	explore and make choices to develop my learning and interests and understand about the wider world of work
Bundle 11 0-21a 0-22a 0-24a	Listening Co-ordinating Co-operating	I am able to start, stop and change direction safely using the space available	I am able to jump, hop, skip, climb and balance	I am able to throw, catch, roll and bounce a ball with both hands	I am able to discuss what I and others did during physical activities	I manage fastenings independently e.g. coats, shoes.	manage and control my body
Bundle 12 0-15a 0-27a 0-28a	Talking Understanding Participating	I talk about how energetic activities make me feel	I am aware of my heart beating faster after exercise	I know that being active keeps me healthy	I say why I need to drink water after I have been taking part in energetic activities	I understand the need for rest after energetic exercise	understand the need for exercise and rest in order to be healthy
Bundle 13 0-29a 0-30a 0-32a 0-35a	Tasting Exploring Making choices	I try different foods in a range of social situations	I handle and taste different foods	I am involved in planning for and preparing snacks	I know which foods come from plants and which comes from animals	I know what I need to eat and drink to keep me healthy	understand and talk about how eating and drinking different foods helps me to grow and stay healthy
Bundle 14 0-33a 0-48a	Comprehension Independence	I know how and when to wash my hands.	I know how and when to brush my teeth	I follow through toileting routines	I know the importance of keeping my body clean	I understand the importance of sleep	become aware of the importance of health and hygiene routines
Bundle 15 0-38a	Comprehension	I know about things I should not touch or eat	I understand and say how medicines can help me and others	I understand that when I am ill, only my parent /carer/known adult may give me medicine to make me better.	I know I must not take medicines that belong to others	I am able to talk about dangerous substances and situations	say what makes these substances or situations / circumstances harmful
Bundle 16 0-49a	Understanding Communicating	I know when I feel happy and when I feel sad	I know that some behaviour towards me might be inappropriate	I am able to talk about my emotions e.g. scared, worried, angry and anxious	I am able to identify safe and unsafe places	I am able to talk to others to let them know how I feel	recognise and communicate comfortable and uncomfortable in relation to a person or situation
Bundle 17 0-50a	Understanding	I know the difference between living and non-living things	I know that living things grow and change	I understand that living things need care	I know what plants need to live and grow	I know what people and animals need to grow	understand about life cycles
Bundle 18 0-51a	Empathy Understanding Caring	I show some understanding of the needs of babies	I know that it is important for a baby to be fed and washed	I know it is important for a baby to sleep	I know it is important for a baby to have its nappy changed	I know it is important for a baby to be held carefully, talked to and loved	understand that living things need food water and care to grow and survive

Experiences and Outcomes for planning learning, teaching and assessment	Skills	Paths of Progression					I have developed the skills to.....
Bundle 1 0-01a	Estimating Comparing Reasoning	I am beginning to develop a sense of amount and size through play activities and routines.	I use estimating words; bigger than, smaller, higher, lower, nearly, more, less, heavier, lighter and about	I compare and organise by size	I am developing my understanding of more and less in the context of number	I check my estimations by counting	estimate in contexts of number and measurement using the appropriate language
Bundle 2 0-02a /0-03a	Oral counting	I recite numbers (rote counting)	I am number confident to 3. Forwards Backwards Number after Number before	I am number confident to 5. Forwards Backwards Number after Number before	I am number confident to 10. Forwards Backwards Number after Number before	I am number confident beyond 10. Forwards Backwards Number after Number before	count starting and stopping at given points e.g. 2-8
	Number recognition	I recognise numerals 0-3	I recognise numerals 0-5	I recognise numerals 0-10	I recognise numerals beyond 10	I identify and use numerals to 10 during play experiences	identify and use numerals in my wider world
	Ordering numbers	I order numerals 0-3	I order numerals 0-5	I order numerals 0-10	I order numerals beyond 10	I know which numeral comes before or after	work out missing numerals in a number line
	Subitising	Use a variety of dice in play based experiences	Begin to explore dot patterns e.g. on dice and dominoes	Explore finger patterns	Recognise regular dot patterns without counting	Recognise irregular dot patterns without counting	recognise quantities without counting
	Concept of zero	I know that zero means there is none of a particular quantity and is represented by the numeral '0'. (To be achieved through above experiences.)					
Counting objects	Touch and count a set of objects using 1:1 correspondence to 3 in a line random arrangement	Touch and count a set of objects using 1:1 correspondence to 5 in a line random arrangement	Touch and count a set of objects using 1:1 correspondence to 10 in a line random arrangement	Touch and count a set of objects using 1:1 correspondence beyond 10 in a line random arrangement	When counting, I understand that the number name of the last object counted is the amount given to the total number of objects in the group	understand that numbers represents quantities and begin to explore early addition and subtraction	
Bundle 3 0-07a	Concept of whole and parts	I am able to share out a group of objects with others e.g. beads, cards	I am able to share out a whole object with others e.g. play dough	I am able to split a whole object into halves	I able to share a group of items equally (a fair share)	I am beginning to share a whole item into equal parts	begin to use the language of division/fractions e.g. equal, same, whole, half
Bundle 4 0-09a	Using money	I am developing an awareness of how money is used in real life	I demonstrate the use of money in different situations e.g. role play	I know some money vocabulary: buy sell, price cost, how much?, change cheapest, more expensive,	I am developing an awareness that coins/money can be exchanged for goods and services	I recognise some coins/notes e.g. £1, 50p, 20p, 10p, 5p, 2p, 1p	begin to link numerals on coins/notes to monetary value
Bundle 5 0-10a	Concept of time	I am able to follow first and then	I show awareness of daily time sequences	I am aware of and can talk about home /school / nursery routines and begin to use the names of the days of the week	I know some time language and can use it correctly; before, after, day, night, morning, afternoon, today, tomorrow and yesterday	I understand that a variety of resources can be used to measure and show the passage of time e.g. timers, clocks and calendars	use the names of the days of the week and describe the seasons and the special events associated with them

Experiences and Outcomes for planning learning, teaching and assessment	Skills	Paths of Progression					I have developed the skills to.....
Bundle 6 0-11a	Measuring Comparing Reasoning	I explore length, weight and capacity using non-standard units e.g. hands, steps and blocks	I use simple measure language to describe length/weight and capacity e.g. big/small, heavy/light, full/empty	I am beginning to compare items using simple measure language e.g. bigger/smaller	I use measuring resources such scales/metre stick/measuring jugs/timers in my play and investigations	I apply measure language in my everyday life	use comparative language to describe several items in terms of length, weight, height, and capacity explaining my findings to others. (e.g. tall, taller, tallest – heavy, heavier, heaviest)
Bundle 7 0-13a	Recognising Copying Predicting	I am aware of patterns in my world e.g. dots, stripes, animal prints	I explore making patterns with paint, paper and different objects	I join in with physical patterns e.g. clap, clap, jump	I am able to copy a simple pattern involving objects, colours, shapes and numbers	I am able to continue a simple pattern	create my own pattern involving objects, colours, shapes numbers and beginning to use pattern language such as again, next
Bundle 8 0-16a	Identifying Describing Problem solving Classifying	I am creative with 2D shapes and 3D objects	I name and identify some common 2D shapes	I explore shape in the environment	I name and identify 3D objects	I sort 2D shapes and 3D objects by various criteria	describe some features and properties of shapes e.g. straight, curved, corner, edge during play
Bundle 9 0-17a	Problem solving Applying	I am beginning to understand positional language, in, on, under, in front of, behind, and next to	I am beginning to understand directional language of forwards/backwards, up/down, and across	I apply my understanding of positional language to describe where objects/people are	I apply my understanding of directional language to follow and give directions	I use before and after appropriately	apply my knowledge of direction and position through using technologies, games, in movement and to complete a number line
Bundle 10 0-19a	Exploring Problem solving Classifying	I explore reflection using mirrors	I explore making symmetrical pictures using one fold	I explore symmetry using mirrors	I explore pictures and test for symmetry	I have opportunities to copy symmetrical pictures and then create my own	recognise symmetry in the world around me
Bundle 11 0-20b	Matching Sorting Grouping	I use 'the same' and 'not the same'	I match by colour, shape, size and type/object	I match objects to signs and labels	I sort by colour, shape, size and type/object	I match and sort using 1 criterion and explain what I am doing	sort using more than one criterion explaining to others what I am doing
Bundle 12 0-20a 0-20c	Handling data Analysing Interpreting	I understand that signs, labels and charts give me information	I am beginning to use signs and charts to plan and make decisions about my day e.g. pictorial timetable, plan do review	I collect data and display the information	I ask questions as part of gathering information	I understand that any tally system (pictures, stampers) represents a number, which can be displayed on a graph.	use the signs and charts around me for information and be able to record information in different ways
<ul style="list-style-type: none"> NB Other milestones to be achieved through playroom experiences 		I name red, blue, green and yellow.			I seek multiple solutions to a question, task or problem.		

Experiences and Outcomes for planning learning, teaching and assessment	Skills	Paths of Progression					I have developed the skills to.....
Bundle1 0-01a/ 0-11a	Listening Rhyming Predicting	I respond to the rhythmic patterns in songs and music	I play with patterns of sound.	I anticipate and complete lines in familiar nursery rhymes / stories	I am able to say if two objects/picture cards rhyme	I hear and say words that rhyme	recite a variety of rhymes poems and songs from start to finish
Bundle2 0-01a/ 0-11a	Listening Phonological awareness	I listen and discriminate sounds (sounds in the environment).	I clap words and sentences	I clap syllables in words	I identify some single sounds such as initial sound in name	I identify words starting with the same sound and use alliteration/make up silly phrases (e.g. smelly socks)	identify the different single sounds made by letters
Bundle3 0-01b/ 0-11b/ 0-01c	Communicating Predicting Making choices	I choose stories/texts to look at.	I use a book correctly (starting at the beginning turning 1 page at a time)	I use illustrations to help me understand the text	I discuss the characters within a story/text.	I predict what might happen next	talk about a story/text and share my likes and dislikes about it.
Bundle4 0-01c/ 0-07a/ 0-11b/ 0-16a/ 0-17a/ 0-19a	Listening Questioning Recalling Retelling Sequencing	I use props or pictures to help in retelling the main parts of a story	I explore events and characters through discussion, props and role play	I listen and respond to who, what, where, when, why and how questions	I talk about the sequence of events in a story or text using the language of order, after, next, last, first, what's missing, then	I ask who, what, where, when, why and how questions.	retell a familiar story (using pictures, start, middle and end).
Bundle5 0-02a	Communicating Listening Turn taking in conversations	I communicate verbally /non verbally	I listen and talk 1:1 with an adult/child	I listen and talk in a small group	I take turns listening and talking in a small group	I listen and talk in a large group.	listen and respond appropriately within in a group, take turns and use appropriate body language e.g. eye contact
Bundle6 0-02a	Comprehension	I understand a wide range of single words e.g. bye, gone	I point to pictures in books and objects when asked	I understand and follow simple instructions e.g. get your bricks	I understand and follow instructions up to 3 key words e.g. put teddy in the box	I listen and follow 2 part instructions e.g. get your jumper and stand by the door	follow more complex instructions.
Bundle7 0-09a /0-09b /0-10a	Speech Developing vocabulary	I communicate	I speak using 20-50 words	I use over 100 words including descriptive language	I use sentences using 4-6 words for a variety of reasons	I am understood by most adults, though may still have difficulty with r,j,th, ch,sh	speak clearly and fluently pronouncing most words and sounds
Bundle8 0-04a/ 0-9a/ 0-10a	Comprehension Recalling Expressing feelings	I retell experiences, sharing what I have been doing	I am able to share information based on real life or imaginary events as I play	I listen and recall information	I show an interest in learning new words and ask what unfamiliar words mean.	I use new vocabulary I have learned to express my ideas	use a range of words to express my understanding of the feelings of others or imaginary characters

Experiences and Outcomes for planning learning, teaching and assessment	Skills	Paths of Progression					I have developed the skills to.....		
Bundle9 0-13a	Phonological awareness Reading Thinking	I describe an object/picture using suitable vocabulary	I know that texts and illustrations are related and I am learning that text is read from left to right and top to bottom.	I know the difference between letters and numbers.	I recognise the initial letter/ sound of my own name	I recognise some letter sounds and names	match an object to a given initial sound/letter.		
Bundle10 0-14a	Reading Observing Comprehension	I match pictures	I recognise familiar signs, labels and logos in the environment	I recognise my own name	I am becoming familiar with book words (title, page, cover, author and illustrator)	I follow instruction cards	look at and talk about information from a variety of sources.		
Experiences and Outcomes for planning learning, teaching and assessment	Skills	Paths of Progression					I have developed the skills to.....		
Bundle11 0-20a 0-21b	Fine motor Hand eye coordination	I mark make using different materials for writing: fingers, crayons, pencils, chalks etc.	I use a palmer grasp to hold a pencil	I have developed strength in my fingers to use small tools	I use small tools effectively and with control e.g. scissors, tweezers, paintbrushes, computer controls	I hold a pencil with a pincer /tripod grip	mark make with control		
Bundle12 0-20a/ 0-26a/0-31a	Fine motor Communicating Comprehension	I make marks during play	I do pretend writing and explain what my writing means	I write in a variety of contexts e.g. stories, letters, labels, lists, invitations	I draw pictures and talk about what they mean	I draw or create a story and ask an adult to write my ideas and feelings for me	use drawings and my writing to create stories using some letters and words		
Bundle13 0-21a/ 0-21b	Fine motor Hand eye coordination	 I make random marks on the page. My pencil often does not leave the paper	 I make marks with greater control and shapes or patterns may appear.	 I draw faces, sometimes with arms and legs coming from them	 I draw bodies, and sometimes add hands and feet	 I draw a detailed person with a head, trunk (body), arms, legs and features	 make my drawings detailed, purposeful and express my ideas		
Bundle14 0-21a/ 0-21b	Fine motor Hand eye coordination	 I make marks to represent writing often lines and circles	 I make long strings of marks	I copy some shapes and letters (may be from name)	 I copy / write some letters in random order.	I am able to copy my name.	 I copy words that have been written or printed.	I am able to write my name from left to right	 try to write my own words by combining letters (during play).

*NB Extra attention for left handed children regarding left to right mark making.