



Health and Self-care

I can go to the toilet, dress myself and do other healthy things, all by myself.

I can talk about how I can stay healthy and safe.

I know that exercise and healthy food helps to keep my body fit.

**Physical Development
(Prime Area)**

Moving and Handling

I can hold a pencil and other writing tools correctly when mark making.

I can use equipment and tools appropriately and confidently.

I show control and co-ordination in big and small movements.

I move confidently in lots of different ways and move about safely.

