

[illegible]

Health and Wellbeing	Children know and can talk about different factors that support their overall health and well being	
	Children know the importance of: Be increasingly independent as they get dressed and undressed, for example, putting coats on and doing up zips. Be increasingly independent in meeting their own care needs, e.g. brushing teeth, using the toilet, washing and drying their hands thoroughly. Make healthy choices about food, drink, activity and toothbrushing.	
Ongoing:	Further develop the skills they need to manage the school day successfully: • lining up and queuing • mealtimes • personal hygiene	
Small Motor Skills	Use one-handed tools and equipment, for example, making snips in paper with scissors. Use a comfortable grip with good control when holding pens and pencils. Start to eat independently and learning how to use a knife and fork. Show a preference for a dominant hand.	Fine Motor Skills In Reception Develop their small motor skills so that they can use a range of tools competently, safely and confidently. Suggested tools: pencils for drawing and writing, paintbrushes, scissors, knives, forks and spoons. Develop the foundations of a handwriting style which is fast, accurate and efficient.
Curriculum activities to support:	Mark making opportunities during CP. Half Termly Name Writing task & biweekly 'Proud Cloud' independent work gathering. Squiggle while you wiggle. Opportunities to build hand muscle strength through 'Funky Finger' activities such as Dough Disco, opportunities for fine motor control in CP. Cutlery in playdough to practise knife and fork skills. Balls, Tricycles & other equipment available during CP and playtimes.	