

EYFS Skills Progression

Science

30-50 months	Physical Development	Health and Self-Care	To observe the effects of physical activity on their bodies.
	Understanding the World	The World	To comment and ask questions about aspects of their familiar world, such as the place where they live or the natural world. To talk about some of the things they have observed, such as plants, animals, natural and found objects. To talk about why things happen and how things work. To develop an understanding of growth, decay and changes over time. To show care and concern for living things and the environment.
	Expressive Arts and Design	Exploring and Using Media and Materials	To begin to be interested in and describe the texture of things.
40-60 months	Physical Development	Health and Self-Care	To eat a healthy range of foodstuffs and understand a need for variety in food. To show some understanding that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health.
	Understanding the World	The World	To look closely at similarities, differences, patterns and change.
ELG	Physical Development	Health and Self-Care	To know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe.
	Understanding the World	The World	To know about similarities and differences in relation to places, objects, materials and living things. They talk about the features of their own

			immediate environment and how environments might vary from one another.
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