
Overview

This standard identifies the requirements when promoting the health and physical development of children and young people. It includes how you plan and implement physical activities and routines for children and young people to meet their physical development needs as well as planning and providing food and drink to meet the nutritional needs of children and young people.

Performance criteria

You must be able to:

1. provide indoor spaces, experiences and interactions that encourage development of physical skills
2. provide outdoor spaces, experiences and interactions that encourage development of physical skills
3. use planned and unplanned opportunities to encourage the physical development of children or young people
4. ensure children or young people involved in physical activities wear appropriate clothing
5. ensure space, experiences and interactions are accessible and available for children or young people to meet their preferences and needs
6. plan and implement routines that support children or young people to rest and recover from physical exercise
7. provide spaces, experiences and interactions that encourage development of balance, spatial orientation, and coordination
8. provide spaces, experiences and interactions to support fine motor skills development and hand eye coordination
9. use opportunities for children or young people to take turns, share space and consider others
10. encourage children or young people to extend their range and level of physical skills and recognise their efforts and achievements
11. plan menus, snacks, and drinks that meet the dietary and nutritional preferences and needs of children or young people
12. involve children or young people in the planning and preparation of food or snacks
13. encourage children or young people to make healthy choices about food and help them understand the links between food and health
14. ensure food and drink are provided and prepared according to dietary, cultural and spiritual requirements of children or young people
15. provide food and drink that is interesting and stimulates an awareness of the variety available
16. ensure infection prevention and control measures are used when handling and storing food
17. encourage the independence of children or young people in feeding routines, in

line with family preferences and workplace requirements

18. provide opportunities for children or young people to learn about how their bodies work and their health needs

19. provide opportunities for children or young people to develop awareness of their internal bodily signals and support their understanding of how these relate to their health and wellbeing

20. provide opportunities for discussion about healthy physical development, according to age, needs, and abilities

21. support children or young people to make positive health decisions and choices

22. complete records and reports required on the health and physical development of children or young people

23. reflect on how you carried out your roles and responsibilities when promoting the health and physical development of children or young people

Knowledge and understanding

You need to know and understand:

1. the types of transitions that children and young people may experience in health and physical development
2. the expected pattern of physical development from pre-birth to 21 years
3. factors affecting the health and physical development of children or young people
4. the influence of neurodivergence and additional needs on the health and physical development of children and young people
5. the influence of culture and background on the health and physical development of children and young people
6. the role of interoception in the health and physical development of children and young people, and how this supports emotional regulation, wellbeing, and self-care
7. how to apply trauma informed principles to promote the health and physical development of children and young people
8. the importance of dignity, kindness and compassion in supporting health and physical development of children and young people
9. how to carry out effective hand hygiene when handling food
10. the nutritional needs for children and young people according to current guidelines
11. the indoor and outdoor spaces, experiences and interactions that encourage balance, co-ordination, gross and fine motor skills, manipulative skills, hand/eye co-ordination and vestibular development
12. why it is important to provide opportunities for children and young people to rest and recover from physical activity
13. the importance of outdoor play in supporting health and physical development of children and young people
14. how to follow risk assessments and health and safety procedures without limiting opportunities for development
15. the records and reports required for health and physical development of children and young people
16. theories relevant to promoting the health and physical development of children and young people
17. the relevant legal requirements, standards of practice, frameworks and guidance for promoting the health and physical development of children and young people

people

18. the workplace requirements on equality, diversity, inclusion, and rights when promoting the health and physical development of children and young people

19. how to respond to concerns about issues or concerns that could impact on the health and physical development of children and young people

20. how your personal experiences and unconscious bias may impact when promoting the health and physical development of children and young people, and how to address this

21. the role of supervision, reflective practice and learning and development in promoting the health and physical development of children and young people

HSCCLD344

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Glossary

The glossary for this National Occupational Standard is available on the Skills for Care and Development website.

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