

Personal and Emotional Development

(making relationships) (self confidence/self awareness)

As we become more independent we will be asking each other for help before going to an adult. This includes when asking for help with our coats, shoes, dressing up clothes and accessing our snacks in Nursery.

(managing feelings and behaviour)

Through our topic we will begin to talk about healthy food choices and how we can manage our own bodies with staying healthy eg. wrapping up when it's cold, ensuring we drink enough fluids, making sure we use the toilet regularly, washing our hands using soap and drying them well.

Communication and Language: Listening and attention/understanding/speaking

There will be lots of opportunities for us to question why things happen and give explanations of what we've seen, particularly when we look at our bodies after exercising, our teeth after brushing and our hands after washing. We will talk about our favourite fruits and vegetables and by the end of the topic hopefully we will be able to talk to our peers about what we need to do to stay healthy. We will continue working on good listening and turn-taking.

Physical Development

(moving and handling)

We will look at the effect of exercise on our bodies by listening to our heart beats after exercise and recognising other changes in our bodies after we exercise.

(Health and self-care)

We will be thinking about the need for a variety of food in our diet and talking about what each food is good for. To enable the children to create healthy habits, we will talk about the importance of dental hygiene and look at what foods and drinks cause problems for our teeth.

Understanding the world

What do our bodies need to grow? What do plants need to grow? Do we need similar things to grow? We will be looking closely at similarities and differences between humans, plants and animals. We will look at the effects of poor nutrition, poor sleep and poor hygiene on our bodies.

What Keeps Us Healthy ?

Literacy (reading)

We will begin looking at some non-fiction books to help us find out lots of interesting facts. We will look in detail at the human body and discuss how different foods give us the nutrients needed for growth eg. milk gives us calcium, which is good for our bones.

(writing)

As we are now able to hear many of the phonic sounds, we will begin focusing on our letter formation. We will continue with our name-writing too.

Enrichment

- Visit from the school nurse, who will be talking to us about dental hygiene.
- Trip to the library.
- Trip to the greengrocers to buy fresh fruit for our fruit smoothies.

Mathematics

(number)

We will begin finding the total number of objects in two groups by counting all of them together. We will also be practising our number formation. We will continue to explore problem-solving activities.

(shape, space and measure)

We will look at height and weight in relation to being healthy and have a go at weighing ourselves and measuring our heights at this point in the year on a chart. We will revisit this at the end of the year and compare.



Expressive arts

(Exploring media and materials)

We will be looking at the colours and properties of different foods and doing some observational drawings.

We will take part in some yoga and learn some new moves, which will help us to relax our bodies.

(Being imaginative)

'Fresh fruit and vegetables for sale! £1 a bag!' The children will be selling fresh fruit and vegetables in our new greengrocer role-play area.

Parent/Carers reply slip. Please send in your suggestions and comments by returning this slip to your child's class teacher.