



During this whole school topic, Reception will aim to know and talk about the different factors that support their overall health and well-being. We will discuss the importance of regular physical activity, what healthy eating means, the importance of good oral hygiene, why it is important to have sensible amounts of screen time, the importance of having enough sleep, personal hygiene and being safe as an individual, including being a pedestrian. We will use stories and real life experiences to help us understand these vital elements of being a happy and healthy individual.

This topic focuses on the benefits of healthy eating and regular physical activity

SUBJECT AREAS

<p>MATHS</p>	<ul style="list-style-type: none"> • Doubling and halving • Fractions/Sharing • Talking about shapes • Measuring outside 	<p>LITERACY</p> <ul style="list-style-type: none"> • Read the story, The Enormous Turnip and write facts and stories based on this theme. • Sentence writing using phonemes learnt so far • Read and re-read books to build up their confidence in word reading, their fluency and their understanding and enjoyment • Re-read what they have written to check that it makes sense. • Phase 4 phonics and phase 2 and 3 review Review recognition of 'tricky words' no, to, I, the, go, is, of, put, pull, full, she, as, has, and, push, his, her, he, into, we, me, be, was, you, they, my, by, all, are, sure, pure said, so, have, like, some, come love, do, were, here, little, says, there, when, out, today, what, one and learn to spell them. • Ensure handwriting follows the Letter-Join Guidance – form lower case and capital letters correctly
<p>PHYSICAL DEVELOPMENT</p>	<ul style="list-style-type: none"> • Taking part in physical activity. Focus on: Athletics • Combine different movements with ease and fluency. • Revise and refine the fundamental movement skills they already have acquired: rolling, crawling, walking, skipping, jumping, running, hopping, climbing. • Develop overall body-strength, balance, co-ordination and agility. • Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. • Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting and aiming. • Develop the foundations of a handwriting style which is fast, accurate and efficient. 	<p>COMMUNICATION & LANGUAGE</p> <ul style="list-style-type: none"> • Describe events in some detail. • Use talk to help work out problems and organise thinking and activities, and to explain how things work and why they might happen. • Listen to and talk about stories to build familiarity and understanding. • Retell the story, once they have developed a deep familiarity with the text, some as exact repetition and some in their own words. • Engage in non-fiction books. • Present a Show and Tell session to the class. • Develop new vocabulary and use in a range of contexts

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">PSED</p>	<ul style="list-style-type: none"> • To understand why different foods and drink are important in order for our bodies to stay healthy and well. • To be able to name and talk about foods they like and dislike. • To understand what exercise is and why it is good for us. • To understand the importance of sleep for our bodies. • To begin to understand how to make choices which promote healthy living. • To understand the importance of privacy, including private body parts. • To know about named trusted adults. 	<p style="writing-mode: vertical-rl; transform: rotate(180deg);">UNDERSTANDING THE WORLD</p>	<ul style="list-style-type: none"> • Recognise some similarities and differences between life in this country and life • Explore the natural world around them • Comment on images of familiar situations in the past • Compare and contrast characters from stories, including figures from the past. • Understand an algorithm and program toys
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">EXPRESSIVE ARTS & DESIGN</p>	<ul style="list-style-type: none"> • Sing in a group or on their own, increasingly matching the pitch and following the melody • Explore, use and refine a variety of artistic effects to express their ideas and feelings-printing, observational drawing/painting, puppet making, woodwork skills 		