








Reception – Summer 2 – Healthy Inside and Out

<p>Quick Summary</p> <p>Identity Care</p> <p>Wellbeing</p>					<p>How can we look after our bodies? How can we look after our minds? Where does our food come from?</p>		<p>This half term we focus on all aspects of a healthy lifestyle. We touch on food to fork and organic produce when we look at healthy eating. We explore mindfulness techniques and provide strategies for good mental health as well as dealing with online safety in an age-appropriate way.</p>	
<p>Prior Learning</p> <ul style="list-style-type: none"> By this half term, the children have developed basic skills specific to Reception and are using them in a variety of contexts. Our Physical Development curriculum is rich and diverse. This half term it culminates in sports events, preparing children for life in Year 1. 			<p>Key Vocabulary</p> <ul style="list-style-type: none"> Bones Organic Dairy Energetic Hygiene Safety Mindfulness Courage 		<p>Key Take-Aways/Knowledge</p> <ul style="list-style-type: none"> How to keep our bodies healthy How to keep our minds healthy Where our food comes from How to stay safe online 			
Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7		
<p>We start our new topic with an introduction to our bodies; naming some familiar bones and joints etc. We also have a visit from St Johns Ambulance who teach us what to do in an emergency.</p>	<p>This week we look at healthy eating and focus on fruits and vegetables. We try out some smoothies and work out why they are good for our bodies. We look at unhealthy foods and how we can make better choices.</p>	<p>In Week 3 we visit Farmer Thompson's dairy farm to find out where our food (and milk) really comes from. We talk about the origins of food and how it gets to us looking the way it does.</p>	<p>We use our very sleepy sloth text to explore the concepts of sleep hygiene, benefits of exercise and limiting screen time. We talk about being sleepy and being full of energy and how it makes us feel. Lee Sterry and his sports coaches come into school to put us through our paces and make sure we</p>	<p>This very clever book warns of the dangers of believing everything you are told on the internet. The girl in the story sees an advertisement for the zoo, where they have a new pet – the penguinpig. The girl disobeys her parents and goes to the zoo, where the</p>	<p>This week we focus on emotional wellbeing and look at ways to calm ourselves if we are feeling anxious or angry. We use mindfulness techniques to explore our feelings. We also have a session of yoga to help bring our minds into the present.</p>	<p>This lovely book of friendship and courage is the perfect end to the first year of school. It teaches us to be brave as we move into Year 1 and remember that all of us have a lion inside, no matter how loud our roar.</p>		

Reception – Summer 2 – Healthy Inside and Out

			are fit and healthy in preparation for Year 1.	penguinpig turns out to actually be a bear.		
What will we cover?						
Physical Development 	<p>Know about the different factors supporting health and wellbeing including benefits of regular activity, healthy eating, sensible amounts of screen time and having a good sleep routine.</p> <p>Combine different movements with ease and fluency (in yoga and sports)</p> <p>Confidently and safely use large and small apparatus</p> <p>Develop a range of ball skills – throwing, catching, kicking, passing, batting and aiming.</p>					
Communication and Language 	<p>Learn new vocabulary linked to our health and wellbeing and use it throughout the day - at home and at school</p> <p>Ask questions to find out more and check understanding</p> <p>Use well formed sentences to express ideas and thoughts.</p> <p>Describe events (from the stories, visits and experiences) in some detail.</p>					
Personal, social and emotional Development 	<p>See themselves as valuable individuals.</p> <p>Build constructive and respectful relationships.</p> <p>Show resilience and perseverance in the face of a challenge.</p> <p>Identify and moderate their own feelings socially and emotionally.</p>					
Mathematics 	<p>Count beyond ten.</p> <p>Compare numbers (including their composition).</p> <p>Understand the one more/one less than relationship between consecutive numbers.</p> <p>Explore the composition of numbers to 10.</p> <p>Automatically recall number bonds for numbers 0-10</p>					
Literacy 	<p>Spell words by identifying sounds and then writing the sounds with letters.</p> <p>Write short sentences with well known letter-sound correspondences using capital letters and full stops.</p>					
Expressive Art and Design 	<p>Create collaboratively, sharing ideas, resources and skills.</p> <p>Listen attentively, move to, and talk about music, expressing their feelings and responses.</p>					
Understanding the world 	<p>Explore the natural world around them.</p> <p>Describe what they see hear and feel whilst outside.</p>					