

Personal Social and Emotional Development

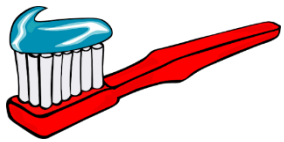
Road Safety – learn green cross code and other ways of staying safe on the roads.

Teeth and Eating

Importance of a healthy diet – food pyramid

Types of teeth – name and describe

Looking after teeth – dentist, tooth brushing etc



Characteristics of Effective Learning

I can realise my actions have an effect on the world.

I can make independent choices.

I can begin to correct my mistakes.

I can concentrate on achieving something.



Communication and Language

Circle time activities on emotional wellbeing.

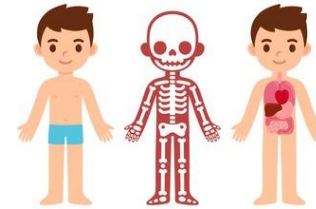
Talk about different emotions and discuss if we have ever felt like that and why?

Talk about the effects we have on other people and how it is important to respect others.

Introduce a talk tent for children to go in and be quiet by themselves or have quiet time with an adult to discuss their feelings.



Inside Out! Spring 2



Expressive Arts and Design

Food printing.

Plan whole school keep fit session.

Create plate of healthy foods using clay.



Physical Development

Importance of exercise – create exercise diaries

Gymnastics – Balances and sequences

Invasion Games – Football, focusing on basic dribbling and passing skills.

Lots of fine motor skill activities to build up strength in our hands.

Literacy

Sorting foods that are healthy and unhealthy.

Write what our favourite sport is and why.

Create a weekly diary of activities completed that week.

Label parts of the body.

Create a class book about keeping fit.



Mathematics

Measuring different parts of our bodies using a variety of resources.

Measuring using rulers.

Measuring time when running, walking, skipping etc.

Count how many times our heartbeats before and after exercising.

Make a timetable of activities to keep fit.

Weigh and measure ingredients for a healthy snack.

Understanding the World

Investigating the effect of exercise on our pulse rate.

Recognise different parts of our bodies and notice the similarities and differences of others.

Begin to recognise the parts of the inside of our bodies and their role.

Make a body display.