Claygate Primary School

Reception Spring 1 2024 – Healthy Me



Week/Topic	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Weekly focus Celebrations and Events	My Body	My Health	Healthy Eating Winter's Festival 17 th Jan	Oral Care	Exercise	Healthy Me
Weekly book	Funny Bones	Zog and the Flying Doctors	Which food will I choose?	All the nonsense in my teeth	Exercise and Play	The Colour Monster
PSED	Children to learn about their body.	Children to learn about how to keep their body healthy.	Children to learn about a balanced diet and understand it's importance.	Children to learn about the importance of oral health care.	Children to learn about the importance of exercise for their physical and mental health.	Children to understand how to support their mental wellbeing.
Communication & Language	Speaking: children to speak in full sentences Understanding: children to answer different questions (who, what, why, how, where) Listening and attention: children to listen and follow adult instructions	Speaking: children to speak in full sentences Understanding: children to answer different questions (who, what, why, how, where) Listening and attention: children to listen and follow adult instructions	Speaking: children to speak in full sentences Understanding: children to answer different questions (who, what, why, how, where) Listening and attention: children to listen and follow adult instructions	Speaking: children to speak in full sentences Understanding: children to answer different questions (who, what, why, how, where) Listening and attention: children to listen and follow adult instructions	Speaking: children to speak in full sentences Understanding: children to answer different questions (who, what, why, how, where) Listening and attention: children to listen and follow adult instructions	Speaking: children to speak in full sentences Understanding: children to answer different questions (who, what, why, how, where) Listening and attention: children to listen and follow adult instructions
Makaton Sign	Play	sing	finished	eat	drink	look
Physical Development	Gymnastics: to perform shapes	Gymnastics: to explore moving in different ways	Gymnastics: to perform jumps	Gymnastics: to jump of equipment and land safely	Gymnastics: to perform different rolls	Gymnastics: to perform a sequence of rolls, jumps and balances
Literacy	Retelling the story: children to retell the story in the correct order Writing: Writing key words from the story using	Retelling the story: children to retell the story in the correct order Writing: Writing key words from the story using	Retelling the story: children to retell the story in the correct order Writing: Writing key words from the story using their phonics knowledge	Retelling the story: children to retell the story in the correct order Writing: Writing key words from the story using their phonics knowledge	Retelling the story: children to retell the story in the correct order Writing: Writing key words from the story using	Retelling the story: children to retell the story in the correct order Writing: Writing key words from the story using

	their phonics knowledge	their phonics knowledge			their phonics knowledge	their phonics knowledge
Phonics	Phonemes: ai, ee, igh, oa Tricky word: recap phase 2 tricky words	Phonemes: oo, oo, ar, or Tricky word: was, you, they	Phonemes: ur, ow, oi, ear Tricky word: my, by, all	Phonemes: air, er, words with double letters Tricky word: are, sure, pure	Phonemes: longer words Tricky Word: recap	Recap all phonemes and tricky words Phonics assessment
Maths	All about the number: 10 Maths Introducing 0	All about the number: 14 Maths comparing numbers 0 -5, Composition of 4 and 5	All about number: 15 Maths Compare mass and capacity	All about number: 13 Maths 6,7,8 making pairs	All about number: 10 Maths Combine 2 groups	All about number: 12 Maths Length and height
Understanding the World	Children to understand their body parts and name different parts.	Children to learn about the role of health care professions	Children to talk about where food comes from	Children to talk about their experience of the dentist and to describe how to brush their teeth	Children to understand what happens to their bodies when they exercise and to recognise when they are tired	Children recall significant events in their own experience and discuss feelings
Expressive Arts and Design	Children to create their own body art.	Children to role play visiting a hospital, using key vocabulary and sentences.	Children to make a collage using food to stamp	Children to create paintings using toothbrushes	Children to use musical instruments to create different rhythms	Children to draw emotions and feelings
Mini Woodies	Maintaining mini woodies	Creating birds nest	Creating birds feeders	Children to participate in the great British bird watch	Nature weaving	Tipi Building