

## Prime Areas of Learning

### Communication and Language

Children help plan the topic — what do they already know about 'Keeping Healthy' and what would they like to find out?

Ask questions about the topic and be ready to provide explanations to others about Keeping Healthy.

Listen and respond to stories (Supertato, Handa's Surprise) and information texts and Power Points about Keeping Healthy.

RE – Why is church special to Christians? Children will learn about why Christians go to church and why it is a special place. Children will also consider what is special about them, their families, their school etc

### Physical Development

**PE will be on a Monday and Thursday. Please make sure that your child has their correct kit in school, earrings are removed and long hair is tied back.**

This term we will be focusing on Dance – Street Dance in particular. The children will learn to move energetically when they are dancing. They will develop their ability to negotiate space safely with consideration for themselves and others.

Compare diets and discuss ways to keep healthy.  
Handle, prepare and taste different fruit using good hygiene.

### Personal, Social and Emotional Development

Understanding good hygiene and the importance of making healthy food choices. Children to develop set of rules to prepare and handle fruit. Thinking about why it is important to look after our teeth and how we can do this. PSHE (Jigsaw Theme) – Looking at our Dreams and Goals.

## The Early Years Curriculum

### Overview Term 3 2022

#### **Keeping Healthy**

**Here's some information about what the Early Years children are learning this term during their Keeping Healthy Topic.**

#### SMSC

Encouraging and enabling children to make their own healthy food choices.  
Studying fruits from other cultures.

#### British Values

Looking at individual liberty – choices relating to diets and making healthy food choices.

#### Expressive Arts and Design

Observational drawings of fruits from around the world.  
Make veggie superheroes based on the story of 'Supertato.'

Use imaginative play to recreate and retell the stories.

## Specific Areas of Learning

### Literacy

Explore Big Books about Keeping Healthy and Healthy Eating.  
Record information about Keeping Healthy in various forms: Lists, sentences, posters etc  
Recording information about our own diets – Five a Day Wall Chart.

Provide a range of non-fiction books about healthy eating, staying healthy, exercising etc for independent and shared reading.

### Mathematics

We will learn how to recognise and write numbers 1-10. We are also going to learn our number bonds to 5. The children will complete simple addition and subtraction calculations. Children will solve problems with fruit involving halving and sharing.

We are going to be learning about capacity, weighing and measuring.

Paying for items using correct coins in the Healthy Eating Cafe.

### Understanding of the World

Convert role play area into a Healthy Eating Cafe.

Compare vegetables/fruits – similarities / differences – healthy/unhealthy. Sorting food into different food groups.  
Prepare exotic fruit to eat – locate origins on a world map/globe.