

# Happy, Healthy Me!

## Autumn 1

- The Smartest Giant in Town
- Goat's Coat
- Red: A Crayon's Story
- Room on the Broom
- A range of non fiction texts linked to our bodies.

Our stories this half term link to the theme of 'Rags to Riches'. We will be enjoying lots of stories that follow the main character on a journey from rags to riches. This may not be money, it could be friendship or a valuable lesson!

We will tell stories in lots of different ways and use these as a basis to tell and write our own amazing stories.

We will begin to write messages, labels and use our phonic knowledge to represent our ideas.

## Visitors:

As we begin to return to normal, we would like to invite visitors into school to enhance our learning. We welcome visits from family members working in the nursing/ health/ wellbeing and dentistry profession. Please let us know if you would like to help!

## Learning Experiences:

We will learn about the basic workings of the heart — linked to the changes in a heartbeat during physical activity. We will look at how the heart acts as a pump to move the oxygen from the lungs to the rest of the body.

We will investigate the basic workings of the stomach, thinking about how it 'Squashes food down' so all of the goodness helps us stay healthy and what is not needed comes out of the body as poo.

The basic workings of the bladder. When the body cleans itself the dirty water is held in the bladder then released as urine.

We will learn to identify Human/Animal needs (food, water, shelter and rest).

We will also think about how to keep our brains healthy as well as finding out more about wellbeing and happiness.

## Key Vocabulary:

We believe that talk is the foundation of all of our learning. We will always seek opportunities to discuss and explore new ideas. Furthermore, we will extend our vocabulary through our learning and our play. We will learn many new words as we discover new topics and ideas. For example:  
chest, abdomen, limbs, organs, veins, artery, heart, lungs, stomach, bladder, brain, faeces, urine, excretion.  
diet, nutrients, vitamins, minerals, hydrate, hydration.

## Values:

We will focus on the value of Resilience this half term. Having settled into our new classroom and new routines, we will work together on our resilience, perseverance, independence and problem solving strategies. We will do this through team building, games and daily activities.

## Phonics and Early Reading:

We will take part in daily Read, Write, Inc sessions to learn our letter sounds and formation rhymes.

We will enjoy stories that are familiar and build a repertoire of songs and rhymes.

As we develop our phonic knowledge, we will begin to blend sounds to read CVC words and have blending books to read at home for practice.

## Role Play:

Our home corner is where children feel safe to play and begin to establish relationships with the children in their new class. This will allow staff to get to know children, families and the children's home environment.

We will begin by 'Moving in', unpacking boxes and arranging the décor. We will also add family photographs to make it homely and comforting to aid transition.

## Big Maths:

We will be working on Cardinality and Counting - number names. Counting irregular arrangements with one to one correspondence. (Touch counting)

Counting things that cannot be seen, such as jumps and claps. We will compare simple collections of everyday objects, talking about which group has more/less.

Talk about how groups/sets are made up based on what they can see. To know when two groups are 'the same'.

# Reception