

	<p>Year group: Reception - Spring 2</p>	<p>Area/topic: Healthy Me</p>
	<p>(Objectives from NC/ELG/Development matters)</p> <p>Children will be able to;</p> <ul style="list-style-type: none"> • Manage their own personal hygiene • Talk about factors that will influence their overall health and well being • Talk about healthy eating • Talk about toothbrushing • Talk about why they should have sensible amounts of “screen time” • Talk about why they need a good sleep routine • Talk about being a safe pedestrian 	

<p>Prior learning</p>	<p>Future learning</p>
<p>Children will be able to express their own ideas about what being healthy means. They will begin to talk about and name parts of their body. They will become more aware about what their body needs to grow and what choices they can make with regards to food and drink.</p>	<p>Children will begin to make controlled healthy choices for themselves and understand why they need to do this. Children will be able to manage their own personal hygiene and explain why this is important. Children will be able to talk about why some foods/drinks are healthier than others and the need for a balanced diet. Children will be able to talk about how they can be a safe pedestrian.</p>

What pupils need to know or do to be secure

Key knowledge and skills

Possible evidence

Outcome: Physical Health

School Value: Peace

Philosophical Question: Why do we need sleep?

- I know why I need to be active and have plenty of exercise
- I know that some foods are healthier choices and that I need to eat a balanced diet
- I know that I need to keep my body clean and wash my hands after using the toilet
- I know why I need to keep my teeth clean
- I know how to be a safe pedestrian.
- I know how what to do if I am lost and what to do if approached by a stranger

Quotes from discussion
Pictures drawn by children with quotes
Photos and quotes taken during continuous provision.

Key vocabulary

Healthy, active, exercise, vegetables, fruit, food groups, teeth, stranger, pedestrian, hygiene germs

Common misconceptions

Children may take the idea of a balanced diet to mean that you can never eat "unhealthy" foods.

Books linking to this area

All through the night

The quickest bedtime story ever.

Children may think if they see a person regularly, then they know them.

Memorable first hand experiences

Visit from a dentist

Visit from road safety [Olly Day]

Opportunities for communication

Circle time discussion

During continuous provision

During drama activities

Singing together

Songs

"Brush your teeth" [BBC Radio Nursery rhymes]

"Good foods" Jack Hartman

<https://youtu.be/5dR22hbln6w>

"Keep bad germs away" Jack Hartman

<https://youtu.be/2uOqhSOryOI>

"Stranger Danger" song

<https://youtu.be/92HCKfYakLU>

"When I walk down the road"

<https://youtu.be/Oj9E3YUeh8Y>

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Reasonable adjustments for pupils with SEND

<p>Communication and Interaction</p> <ul style="list-style-type: none">simplified stepssongs/videossmaller groupsusing puppets <p>"Time to talk" resource [for ASD/children with communication and understanding difficulties].</p>	<p>Cognition and Learning</p> <ul style="list-style-type: none">social storiesreal life experiencessongs/videossmaller groupsusing puppets <p>"Time to talk" resource [for ASD/children with communication and understanding difficulties].</p>
<p>Social, Emotional and Mental health</p> <ul style="list-style-type: none">Visual/practical activitiesbe aware of home life/experienceshave a trusted adult to talk to them	<p>Sensory and Physical</p> <p>explore ideas with visuals/equipment to reduce the need for vocalised communication [signing]</p>