

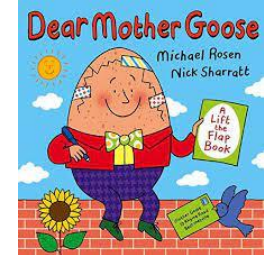
Year 1

Health and Wellness

Spring term 1 2022

Essential Question: How can we be healthy?

Call to action: Help our community to be healthier



About this unit: In this unit children will focus on science, RSE/PSHE, geography, design and technology and music

Children will build on their knowledge of body parts and senses in order to explore 'growing and changing' and learning about keeping physically and mentally healthy. They will explore different ways we can keep physically healthy and mentally healthy in our provision. This will lead into Geography where we explore the countries of the UK, including capital cities, where UK grown foods come from then we will aim to explore a farm/farm food shop where we can learn more about the origin of UK foods.

After this children will find out that food comes from plants or animals, and that food is grown locally, nationally or around world. This will support children to group foods into eatwell categories. This will inform the pupils to research, plan, design and evaluate their own healthy recipes. Pupils will make these in school and at home. Collaboratively, we will create recipes that we can share with our local community. The children will also learn a song about healthy food and share with our school and local community.

English:

Children will be learning two texts before practising writing, editing and writing their own versions.

Using the text 'Don't spill the milk!' the children will hear a story about a girl's journey.

We will read 'Dear Mother Goose' which includes a variety of letters before writing their own letter.

Children will continue to develop their reading skills through daily RWI sessions and will start to apply these skills in their writing.

They will have daily story sessions with teachers and teaching assistants to help them develop their comprehension.



Maths:

The children will be continuing to develop their understanding of addition and subtraction within 10. Then they will recognise, name and sort 2D and 3D shapes before moving on to place value within 20 where they will count forwards and backwards to 20, learn about numbers 11-20, compare and order groups of objects and numbers.

Physical Education and Physical Development

The children will be taking part in adult-lead PE sessions once then building to twice a week. Alongside these formal sessions, children are encouraged to develop their physical development skills in our outside area through games, the woodwork area and riding bikes to support core strength.