

**Essential Question: How can we keep safe and well?**

**Call to action: I can make decisions about how to keep myself healthy.**

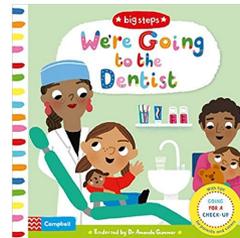
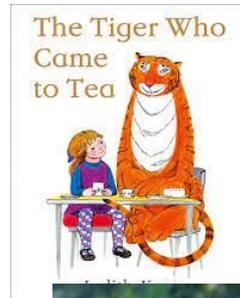
**About this unit:** The children will learn the importance of healthy eating, a good sleep routine, screen time and exercise. The children will also learn the importance of cleaning your teeth and having good dental hygiene. We will spend time taking part in lots of exercise, and think about our own routines such as brushing our teeth. We will think about the foods that we eat to make us stay healthy. We will take a walk down to our local shop, choose our own healthy ingredients and cook some healthy meals to enjoy!

The children will go on walks, take part in weekly yoga sessions and take part in daily exercise. They will also think about mindfulness and how we can look after our mental health too. We will think about all of the different things that will support us in becoming a well rounded, happy and healthy adult!

### Reading & Writing:

The children will be learning two texts about different routines such as how to brush our teeth and how to wash our hands. We will also be reading the text 'The Tiger Who Came to Tea' by Judith Kerr.

Children will continue to develop their reading skills through daily RWI sessions and we will see them start to apply these skills in their writing. The children will be practising their writing skills by writing CVC words i.e. gum and short sentences i.e. 'I brush my teeth twice a day.' using punctuation. They also have daily story sessions with teachers to help promote a love of reading.



**Maths:** We will be learning about the composition of numbers 0-5! We will also be practising forming the numbers correctly when writing using them. They will use number songs, numberblocks and groups of objects to do this. They will also be learning about mass and capacity. They will use things such as scales and containers to compare objects.

**Physical Development:** The children will be practising gymnastic skills and learning different ways to move and balance. The children will have daily opportunities to develop their fine motor skills further which will support them with their pencil control when writing.