



Early Years Curriculum Map Spring 2 Healthy Me

Healthy Me



This half term our new topic is 'Healthy Me'. The children will be learning all about the importance of healthy habits and taking care of themselves. We will be looking at the different factors that support our overall health and wellbeing. Including regular physical activity, having a good sleep routine, sensible amounts of 'screen time', toothbrushing, healthy eating and being a safe pedestrian.

Prime Areas

Communication and Language (CL)

In CL we will be:

Three- and Four-year-olds –

- Sing a large repertoire of songs.
- Know many rhymes, be able to talk about familiar books, and be able to tell a long story.
- Use a wider range of vocabulary.

Reception-

- Use new vocabulary through the day.
- Articulate their ideas and thoughts in well-formed sentences.
- Use new vocabulary in different contexts.



Personal Social Emotional Development (PSED)

In PSED we will be:

Three- and Four-year-olds –

- Talk with others to solve conflicts.
- Make healthy choices about food, drink, activity and tooth brushing.

Reception-

Know and talk about the different factors that support their overall health and wellbeing:

- regular physical activity
- healthy eating
- toothbrushing
- sensible amounts of 'screen time'
- having a good sleep routine
- being a safe pedestrian

Physical Development (PD)

In PD we will be

Three- and Four-year-olds –

- Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks.
- Use one-handed tools and equipment, for example, making snips in paper with scissors.
- Show a preference for a dominant hand.

Reception-

- Revising and refining the fundamental movement skills we have already acquired. Rolling, crawling, walking, jumping, running, hopping, skipping and climbing.
- Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.
- Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.
- Develop overall body-strength, balance, co-ordination and agility.

Specific Areas



Mathematics (M)

In Maths we will be:

Three- and Four-year-olds –

- Say one number for each item in order: 1,2,3,4,5.
- Know that the last number reached when counting a small set of objects tells you how many there are in total ('cardinal principle').
- Show 'finger numbers' up to 5.
- Link numerals and amounts: for example, showing the right number of objects to match the numeral, up to 5.
- Experiment with their own symbols and marks as well as numerals.
- Talk about and explore 2D and 3D shapes (for example, circles, rectangles, triangles and cuboids) using informal and mathematical language: 'sides', 'corners'; 'straight', 'flat', 'round'.

Reception-

- Length, height and time
- Building 9 and 10
- Explore 3-D shapes

Children accessing Year 1 Maths -

- Number -Place Value (within 50)
- Measurement -Length and height
- Measurement -Mass and volume

Literacy (L)

In Literacy we will be:

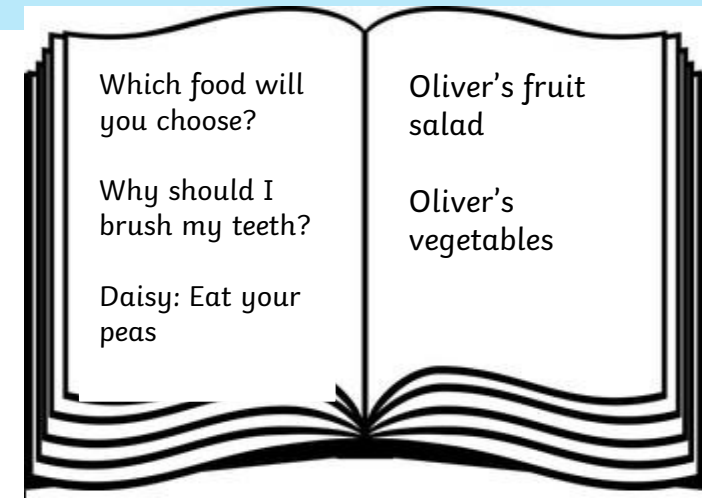
Three- and Four-year-olds –

- Use some of their print and letter knowledge in their early writing. For example: writing a pretend shopping list that starts at the top of the page; writing 'm' for mummy.
- Write some or all of their name.
- Develop their phonological awareness, so that they can:
 - spot and suggest rhymes
 - count or clap syllables in a word
 - recognise words with the same initial sound, such as money and mother

Reception-

- Write short sentences with words with known letter-sound correspondences using a capital letter and full stop.
- Re-read what they have written to check that it makes sense.

Our key texts are -



Which food will you choose?

Why should I brush my teeth?

Daisy: Eat your peas

Oliver's fruit salad

Oliver's vegetables

Expressive Arts & Design (EAD)

In EAD we will be:

Three- and Four-year-olds –

- Create closed shapes with continuous lines and begin to use these shapes to represent objects.
- Explore colour and colour-mixing.
- Sing the pitch of a tone sung by another person ('pitch match').

Reception-

- Explore and engage in music making and dance, performing solo or in groups.
- Explore, use and refine a variety of artistic effects to express their ideas and feelings.
- Return to and build on their previous learning, refining ideas and developing their ability to represent them.



Understanding the World (UW)

In UW we will be:

Three- and Four-year-olds –

- Show interest in different occupations.
- Talk about what they see, using a wide vocabulary.
- Talk about the differences between materials and changes they notice.
- Explore collections of materials with similar and/or different properties.

Reception-

- Recognise some similarities and differences between life in this country and life in other countries.
- Understand the effect of changing seasons on the natural world around them.
- Recognise some environments that are different to the one in which they live.
- Explore the natural world around them.

Dates for your diary

Spring 2 Calendar of Events 2024

Monday 19th February

Return to school

Thursday 7th March

World Book Day

Friday 8th March

International Women's Day

**Monday 11th- Friday 15th
March**

British Science Week

Thursday 21st March

World Poetry Day

Wednesday 27th March

Talent Show 2pm

Thursday 28th March

School closes for Easter break 12 noon.



