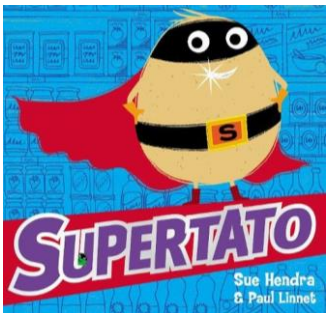


Spring 2

Reception knowledge Organiser - Healthy Living

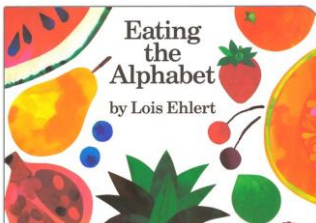
Example texts:



The Tiger Who Came to Tea



Judith Kerr



Linked resources/
rhymes:

<https://www.bbc.co.uk/teach/class-clips-video/pshe-eyfs-ks1-go-jettters-continent-of-africa/zfv7d6f>

Key facts:

Keeping healthy means caring for your body Name food/drinks that are healthy
The importance of daily exercise What happens to our body during exercise
Why sleep is important Learn about hygiene (including cleaning teeth)

Key vocab:

healthy body fruit vegetables exercise heart blood
energy sleep hygiene germs screen time

Key areas of development: Prime areas

This half term, the children will engage in different physical activities that allow them to explore the effect of activity on their bodies, exploring heart rate on a basic level. The children will also explore food tasting and create snacks using a healthy range of food, learning about '5 a day.' Children will therefore develop their understanding of good practices with regard to exercise, eating, sleeping and hygiene, as well as exploring appropriate using of technology and their level of screen time.

Key areas of development: Mathematics

In this topic, we will continue to use our quality texts to provide real life context to mathematical problems. For example, when reading Handa's Surprise, the children will use 'first, then and now' to tell short maths stories, discussing what happens when the animals steal the fruit (subtraction). When exploring Supertato, children will be set a range of challenges to help the veggies. For example: Can they sort the statements provided by evil pea to trick them? Can they create patterns using potato prints?

Key areas of development: Literacy

As we read Eating the Alphabet, the children will work in groups to create their own alphabet posters, supporting each other in segmenting for spelling. Other writing opportunities include, sequencing the story of Handa's Surprise with a matching caption/sentence. Children will also continue to develop their understanding of 'writing for purpose' by writing a shopping list for Sophie's mum (The Tiger Who Came To Tea) and speech bubbles for the super veggies (Supertato).

Key areas of development: EAD/UTW

Whilst reading Handa, children will create their own African animal. They should be encouraged to think about the shape, colours and materials needed to assemble and create their model. Additionally, children will choose a fruit or vegetable of their choice and create a piece of art using observational drawing skills/paint. Children will also make their own Supertato character as a home project.

Experiences/Visitors/Projects

Ch. will engage with food tasting and will also have the opportunity to create a healthy snack/smoothie. Children will be challenged to record their '5 a day' for a whole week.