



# EYFS- Spring 1 Happy Healthy Me



## My Health

Eat healthy.



Take a bath.



Get plenty of sleep.



Exercise regularly.

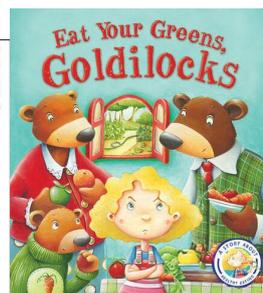
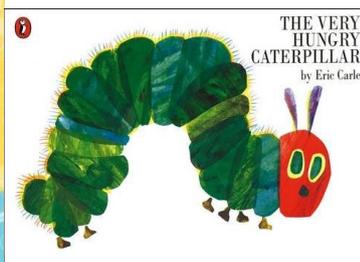
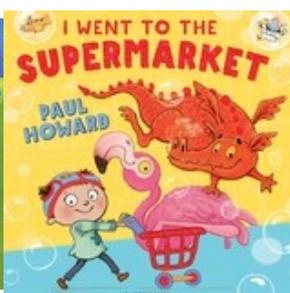
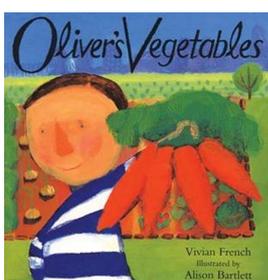


PE sessions will be on a Tuesday this half term. Please ensure children have their PE kits in school and all items are **clearly** labelled.

Food marvellous food! What do you like to eat? Are you happy to try something new? It's time to find out more about eating well and being healthy. This half term, we'll visit a supermarket to explore the foods sold there. We'll talk to people about their jobs, take photographs and collect a rainbow of healthy foods. Back at school, we'll use our senses to investigate the foods, and bravely taste things we've never tried before! Following instructions and working together will help us to create healthy snacks. We'll also find out what happens to our bodies when we exercise. Using our mathematics skills, we'll weigh ingredients to make delicious biscuits or cakes, and count yummy currants to decorate them. Things could get messy, but it'll be lots of fun! These are just a few of the texts we will be looking into during our shared Literacy sessions.



Children will be bringing reading books home. Please ensure you **sign** the record to indicate you have read with your child. RWI Reading books will be matched to guided reading books in school and we will cover one a week. Additional reading books can be sent home for children to practice reading. Please find time to listen to your child read for a few minutes every day. Children need their reading folders in school **every** day.



### Communication/Language

Setting up a class supermarket will be lots of fun; we'll make signs and sell things to our friends and make shopping lists. We'll talk about healthy foods and snacks and where our food comes from.

### The World

We will look at how different foods are used for various celebrations. Children will find out about Chinese New Year and try different foods associated with this celebration.

### Expressive Arts and Design

We will create stunning still life paintings. Of fruit and vegetables and make interesting vegetable and fruit people. For Chinese New Year will create dragons and try origami.

