## Prime Areas of Learning

## Personal, Social and Emotional Development

- Describing themselves in positive terms, what do you like about yourself? What are you good at? What features do you have that makes you unique?
- Likes and dislikes.
- Identifying and describing similarities and differences between themselves and their peers.
- Establishing friendships with peers and adults.
- Identifying how we have grown and changed since being a baby.
- What Do I want to be when I grow up? Why? How will I achieve this?
- Identifying feelings- how do / could you feel? Why? How can you overcome this? Why do you feel this way?
- Establishing rules and routines in class
- Developing a sense of self/looking at themselves in the mirror with a friend.

## Communication and Language

- Circle times; introducing themselves
- Sharing thoughts and ideas during carpet times
- Sharing stories with adults and peers in small groups, on their own or as a whole class
- Talking about feelings
- Introducing key vocabulary for the topic and using Freya Models to model these
- Asking questions to extend children's explanations.
- Playing small group and circle time games, eg, guess who?
- Children asking each other questions; what do you want t know about them?

**Term 1&2**

What makes me, me?

## Physical Development

## Healthy me

- PE/Outdoor play- what can your body do? How can you move in different ways? How can you challenge your body to move in different ways?
- Looking at body parts and their function.
- The 5 senses- what are they? What do they do?
- Tasting/feeling/smelling/touching/seeing opportunities- taking a risk to try new things.
- Healthy me- what does my body need to stay healthy and why?
- Healthy diet- sorting foods, looking at the eat well plate, making smoothies, trying new foods.
- Oral hygiene- how and why do we keep our teeth clean? Role of the dentist.
- Exercise- how much do we need to do and why? What is a heart rate? Why does it go up and down during exercise?
- Sleep- sleep routines, why do we need sleep?
- Screen time- limiting screen time to a healthy amount and understanding why.

## Specific Areas of Learning

## Literacy

- Name writing
- Mark making/drawing their families and labelling them
- Sharing stories

## Maths

- Looking at heights of children and ordering them by height.
- Grouping children in different ways such as in bo
- ys/girls. Hair colour/ eye colour. Who has more? Who has less? Counting how many are in our groups.
- Identifying how old we are, how old will we be on our next birthday? One more.
- Counting ourselves, how many are in today?
- Sequencing- sleep routines, school day routine, getting ready for school routine.

## Expressive Arts and Design

- Using mirrors to create self portraits using different medias- paints, pencil drawings, oil pastels, chalks
- The colour monster- feelings, colour mixing, what colours can you make? What two colours do you need to mix together to make this colour? What feeling does it mean? How do you feel today? Can you make that colour?
- Exploring different medias, what can YOU make? How will you make it? How can you make it better?

## Understanding the World

- Looking at our families, sharing photographs, who do we have in our families? Who lives in your house? Sharing families with friends and adults. Making a photo wall.
- Creating a family tree.
- Where do I live? What do I live in/houses/bungalows/flats etc.
- Looking at maps of where we live, what do you live near? What community do you live in? What communities are you apart of?
- Looking at local superhero's in my community.
- Inviting people from our community in to inspire children and look at different job roles. Police/nurse/firemen/parents /grandparents in.