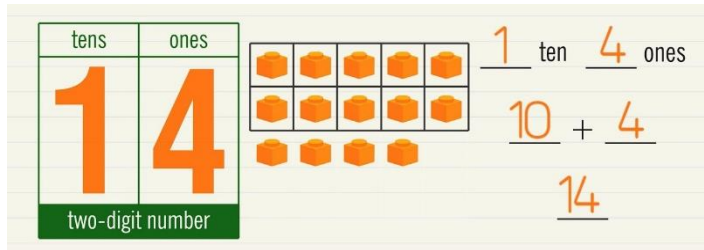


# Spring One Year 1 – Healthy Me

## Maths – Key Learning

### Place Value & Addition and Subtraction

- To recognise tens and ones in numbers up to 20.
- To find one more and one less than a number within 20.
- To compare numbers using less than, greater than and equal to.
- To know number bonds to 20.
- To make doubles using concrete resources.
- To add and take away within 20 using a number line.



## English – Key Learning

Instructions – ‘The Amazing Life Cycle of Plants’, Kay Barnham

Narrative – ‘Jack and the Beanstalk’ retelling

## English – Links

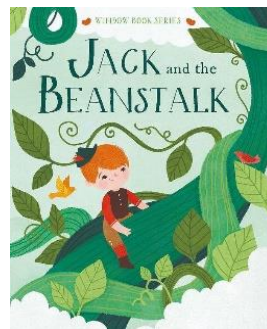
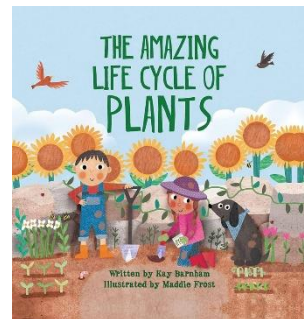
SPAG.com

bbc.com/bitesize

Grammar.lgfl.org.uk

## English – Key Learning

Finger spaces, capital letters, full stops, adjectives, conjunctions (and, but) time adverbials and plurals



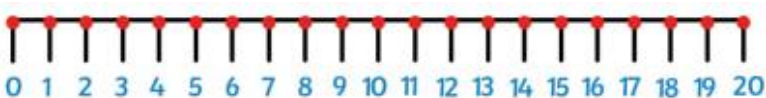
## Reading – Key Texts

We will continue following the Read Write Inc. scheme for our phonics and guided reading. We use ‘find it’ with our fingers to retrieve information from the text.



## Helpful Reminders

- Read daily and complete your reading journal.
- Weekly spelling test every Friday.
- Maths homework set weekly.



# Foundation Subject Learning

## Geography – The United Kingdom

- To understand that the United Kingdom (UK) is made up of 4 countries.
- To find and talk about England, Scotland, Wales and Northern Ireland using a map.

## Science – Animals including humans

- To classify and compare animals.
- To talk about the three different food groups.

## Art and Design – Paper play

- To create art work by using paper in different ways.

## Computing – Coding

- To use simple codes to make things move on the computer.

## RE – Special places

- To understand that Sikhism is a religion.
- To talk about special places in the Sikh faith.

## PSHE – Perseverance and Healthy Living

- The value of perseverance
- Understanding that developing skills takes time and effort.
- To understand the importance of a healthy diet.

## Key Vocabulary

- United
- Kingdom
- Countries
- Capital city
- Culture
- Landscape

## Key places and people

- London (England)
- Edinburgh (Scotland)
- Cardiff (Wales)
- Belfast (Northern Ireland)
- Ireland



Percy  
Perseverance

## Key Concepts

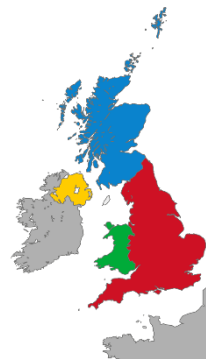
- To understand that each country in the UK is different but they come together to form one kingdom.
- To talk about features of each country such as the culture and the weather.

## Trips and Experiences

- Sea Life Centre (Spring 1)
- London Symphony Orchestra (Spring 2)

## Values

- Perseverance
- British Value: Democracy



To find the capital cities of each UK country on a map.

To talk about the landscape and culture of each country in the UK.

To compare where we live to other parts of the United Kingdom.

# Spring One Year 1 – Our Theme

## Healthy Me

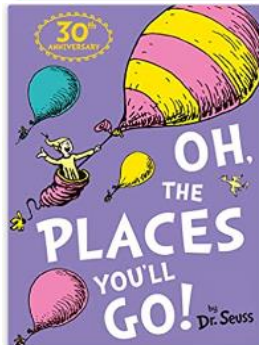
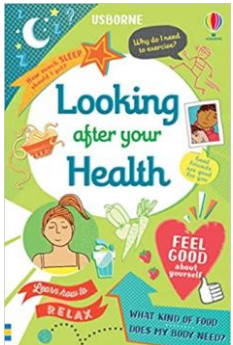
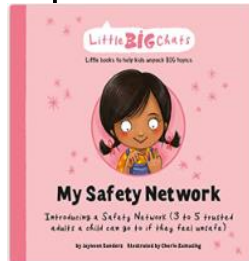
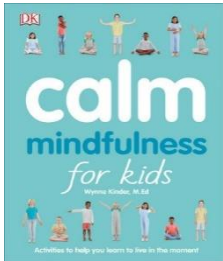
For this term, our theme is healthy me. We will be discussing what it means to be healthy and how we can create a healthy atmosphere around us. We will also link this throughout our learning. It is important for every child to understand what a safe and secure friendship looks and feels like; and also knows how to make the best choices to keep themselves well, both physically and mentally. Take a look at our ideas to promote a 'Healthy Me' lifestyle that you can do with your child at home. Please share any activities or experiences your child has, or would like to talk about whilst showing these qualities, we will be sure to celebrate them in school!

### Vocabulary

**Healthy** means to continuously take care of ourselves physically and mentally.

**Safety** means the condition of being protected from any type of harm or danger.

### Books that promote 'Healthy Me'.



### Activities to promote good health in children

- Go on mindful walks with your parent/carer and talk/write down all the things you can see, hear and feel
- Keep an 'I am' diary and after each day or at the end of one week write down three positive things about yourself. Then, share this with your parent/carer
- Take on a physical activity (even if its in your garden) like bike riding, swimming, running, karate, dance and many more

### Activities to promote keeping safe for children

- Take to your parent/carer and create a note of all the people that you should go to in an emergency and what you should do in an emergency
- Make a keep safe agreement chart with your parent/carer to set rules on how much screen time to have and how you will be keeping safe online (see link below)
- Try to memorise one of your parent/carer's number so you have it in case of an emergency

### Helpful Links

1. <https://www.childnet.com/resources/online-safety-activities-you-can-do-from-home/for-3-7-year-olds/>
2. <https://www.healthforkids.co.uk/>

★ The world is a brighter place with you in it. ★