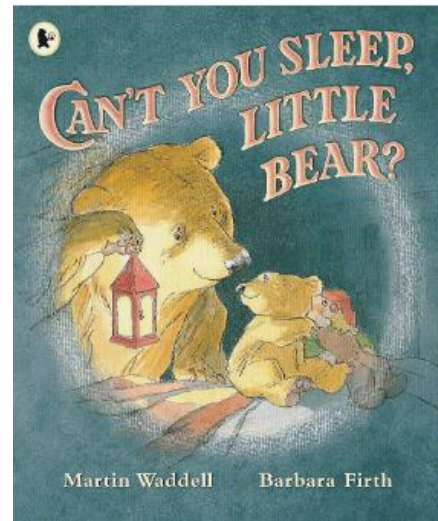


Spring 1 Y1 : Healthy Me

Key books this term



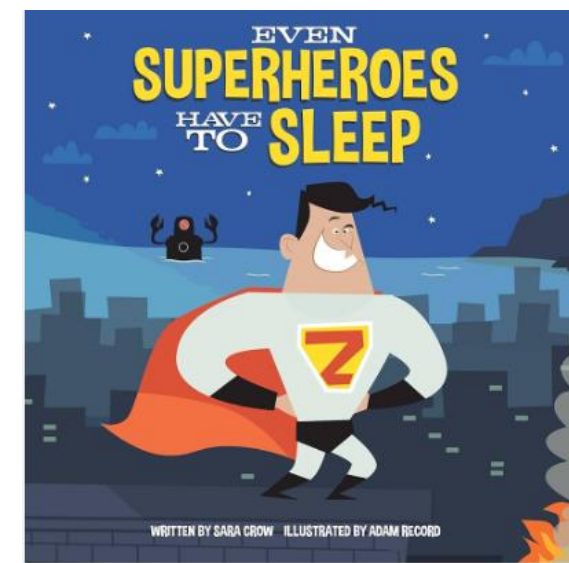
Can't You Sleep, Little Bear?

Key Vocabulary:

Scared – when you are fearful or frightened of something.
Cave – a natural underground chamber in a hillside or cliff.
Lantern – a lamp with case to protect the bulb and normally has a handle so it can be hung or carried.

Key Questions?

- What is the habitat of a bear? Where do they live?
- Why might Little Bear be scared?
- What are other synonyms for the word 'dark?'
- What are other synonyms for the word 'scared?'
- Why is it important to get a good night's sleep?
- What did Big Bear do to try and stop Little Bear being scared?



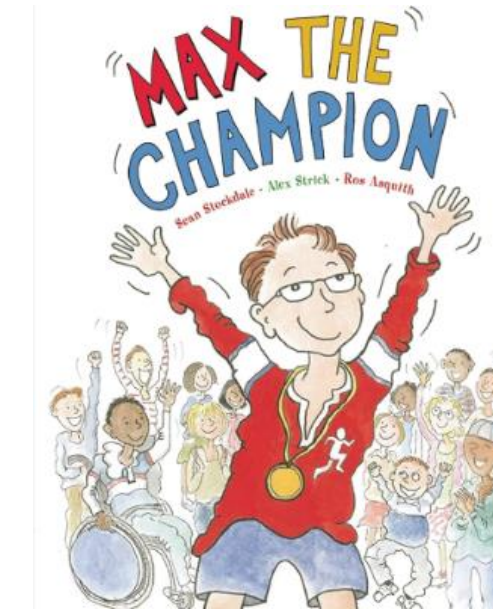
Even Superheroes Have To Sleep

Key Vocabulary:

Superhero – a fictional character with superhuman powers like Superman.
Villain – a character in a film, book or play who is evil and has evil actions.
Construction worker – a construction worker is someone who builds things in the environment.
Owies – a minor injury.
Brawls – a rough or noisy fight or argument.
Cure – make someone better.
Spurs – a spike worn on a rider's heels to urge the horse to move forward.

Key Questions?

- Why is it important everyone has a good night's sleep?
- Is a superhero always someone like Batman or Superman? Who else can be a hero? Think back to before the holidays and Hidden Heroes.
- What is another word for sleep? Can you spot any words that mean sleep in the story?



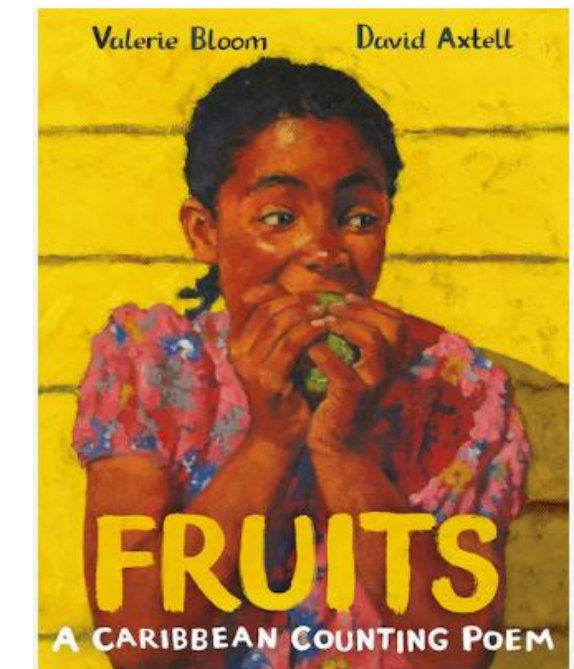
Max The Champion

Key Vocabulary:

Champion – a person who has won in a sporting contest or other competition.
Tournament – a series of contests between a group of competitors hoping to win a prize.
Celebrate – acknowledge a happy day or event with an enjoyable activity.
Trophies – a cup or other decorative object awarded as a prize.

Key Questions?

- Have you ever been a champion at something or won something?
- Have you got any trophies?
- Can you name any champions of a sport?
- Why is playing sport and doing exercise important to our bodies?
- Does Max still have a good night's sleep?
- Why is it important Max has a good sleep?



Fruits

Key Vocabulary:

Fruits – the sweet or fleshy product of a tree or other plant that contains a seed and can be eaten as food.
Pawpaw – a large fruit native to Eastern America and Southern Canada.
Guinep - small tropical fruits from the Caribbean.
Guava – a tropical fruit that grows in dry or humid heat.
Sweet-sop – small tree or shrub of the custard apple family.
Jew-plum – also called golden apples. They are spicy and sweet tropical fruits that can be eaten ripe or unripe.
Naseberry – tropical fruit native to Jamaica.
Jackfruit – a fast-growing tropical Asian tree.
Ripe – developed to the point of readiness for harvesting and eating.
Unripe – not ripe. Not ready for harvesting or eating.

Key Questions?

- What fruits can you name?
- What fruits do you enjoy eating?
- Have you ever tried any of these fruits?
- Where do they think these fruits come from?
- Why is it important to make fruit a part of your diet?

Science

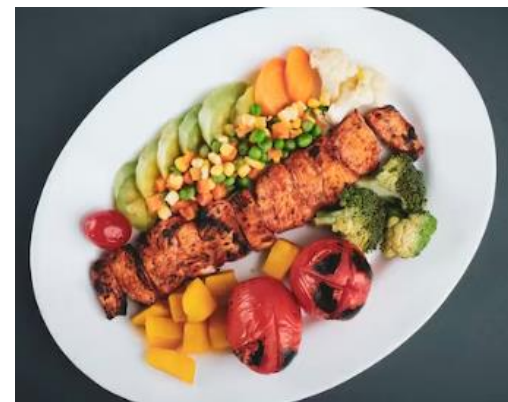
This half term the children will be learning about an array of different animals including humans and that they have offspring that grow into adults.

To tie into our topic of 'Healthy Me' the children will also be investigating the importance of exercise for humans and how to stay healthy through sleep, nutrition, exercise and teeth cleaning.

Design and Technology

This half term is all about food technology.

The children will understand where food comes from and have a basic understanding of what constitutes a healthy and balanced diet. They will prepare a healthy dish.



Mathematics

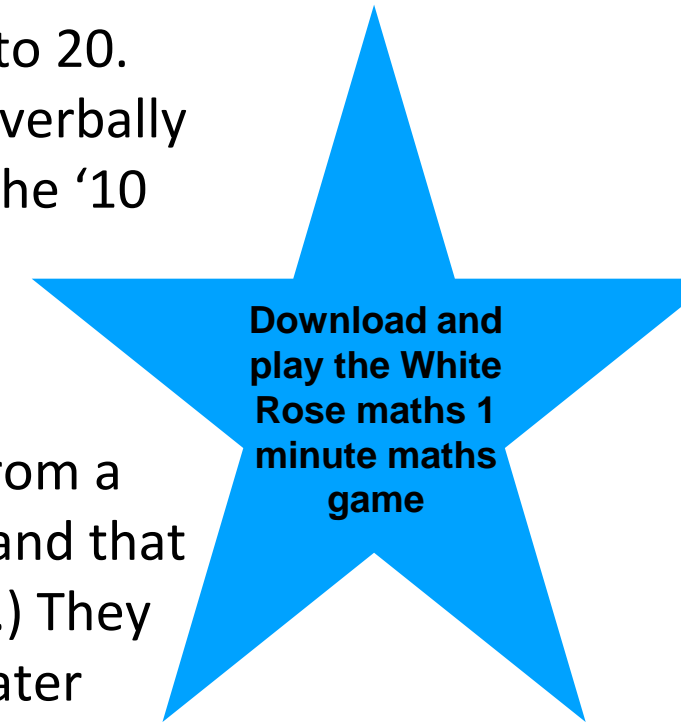
Place Value (within 20)

The children will extend their learning to counting to 20. Children will have frequent opportunities to count verbally to 20. Children will use concrete apparatus to see the '10 and a bit' structure of teens numbers.

Addition and Subtraction (within 20)

The children will explore addition by counting on from a given number to 20. Children will begin to understand that addition is commutative (can be done in any order.) They will learn about the efficiency to start with the greater number when adding numbers together.

Download and play the White Rose maths 1 minute maths game



Music

This term, the children will learn how songs and music can communicate different moods and emotions. They will investigate different ways to express the mood of a song by adding facial expressions and changing the timbre and dynamics of their voice. They will develop their understanding of musical mood through simple songs, where they will be introduced to major and minor tonality.

RSHE



Jigsaw – Celebrating differences

In this topic, the children are learning about staying motivated when things are challenging and thinking about the different ways we can maintain a positive attitude.

Computing

The children will develop their understanding of the various aspects of using a computer to create and manipulate text. They will become more familiar with using a keyboard and mouse to enter and remove text.

PE



Indoor – Fitness

The children will learn about the benefits of exercise and a healthy lifestyle on their physical body, their mood and their overall health.

Outdoor – Sending and Receiving

The children will explore and develop their sending and receiving skills through activities including throwing and catching, rolling, kicking, tracking and stopping a ball. Pupils will be given opportunities to work with a range of different sized balls.



RE

The children will explore what parables are, and understand that Christians believe these stories were told by Jesus to teach his followers about God.



Phonics

We are now up and running with our new scheme Monster Phonics and the children are loving it. Please keep up to date with the sounds and words we are learning each week using the grid on the following page.

Please read the e-books on the Monster Phonics website. Log in using your email that you use at school and the password stocksbridge

Please continue to practise reading regularly at home. It doesn't matter what the reading material is- comics, leaflets, books, poetry etc. It all counts. School reading books will also be sent home alongside the assigned e-books via Monster Phonics.

We aim to promote a love of reading in school and all of our learning comes from quality books.

English

AT HOME: Please read your school reading books and practise reading your tricky words regularly. Please log reading in your child's reading diary.

Writing

This half term we will be using patterns and language from familiar stories in our own writing; write complete stories with a simple structure: beginning – middle – end, decide where it is set and use ideas from reading for some incidents and events.

Grammar

We will be continuing to write sentences using capital letters, full stops and finger spaces accurately. We will be stretching our sentences by using the word 'and', alongside adding the 'ing' and 'ed' suffixes to familiar words.

Handwriting

We will continue practising letter formation and the positioning of letters using our handwriting lines. It is essential that the children form their letters correctly as this will help when they move onto joining their letters in Year 2.

Reading

Year 1 Spring 1

These are the sounds and words that your child should be able to read by the end of this half term. The e-book titles correspond to the sounds and words taught each week. These words will also be the weekly spellings that will be checked on a Friday.

Week 1	Week 2	Week 3	Week 4	Week 5
<p>ue</p> <p>ue</p> <p>ew</p>	<p>ew</p> <p>k before y i e</p> <p>ASSESSMENT 4</p>	<p>ie</p> <p>ie</p> <p>igh</p>	<p>or</p> <p>ore</p> <p>ow</p>	<p>au</p> <p>air</p> <p>Prefix un</p>
<p>three, tree</p> <p>trees, green, sleep</p> <p>queen, please</p> <p>ever, never, river</p> <p>under, better</p> <p>after</p>	<p>good, took, book</p> <p>looks, looking</p> <p>car, dark, park</p> <p>hard, garden</p> <p>found, round</p> <p>around, mouse</p> <p>shouted</p>	<p>going, most</p> <p>over, cold</p> <p>told, gave</p> <p>take, place</p>	<p>he s, we re</p> <p>even, began</p> <p>before</p> <p>because</p> <p>girls, birds</p> <p>first</p>	<p>sea, tea, eat</p> <p>each, really</p> <p>these, other</p> <p>mother</p> <p>another</p>