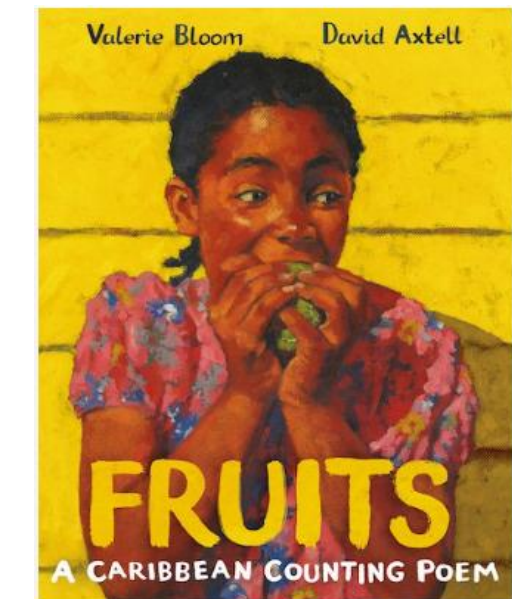
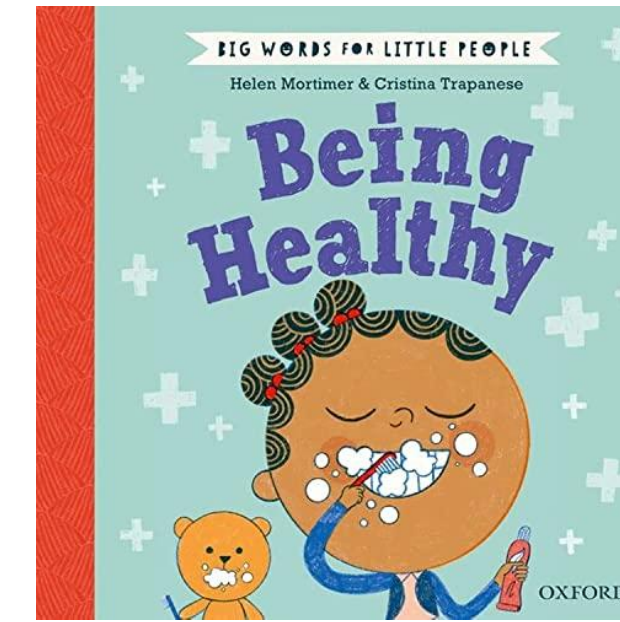
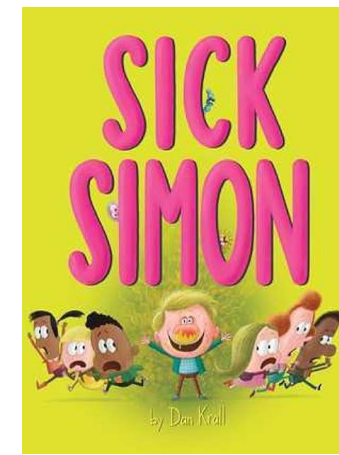
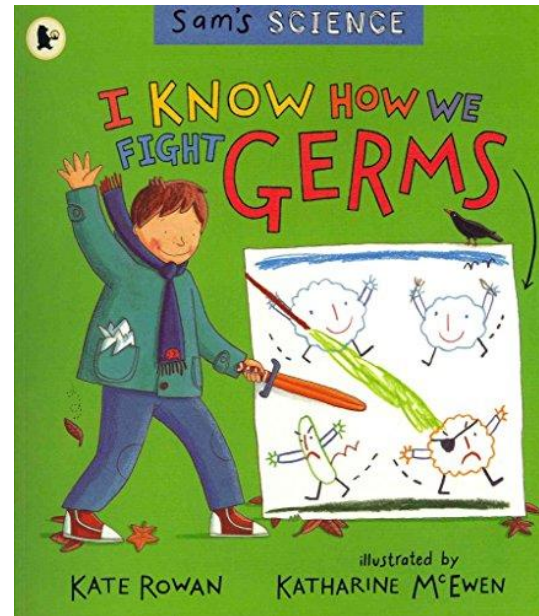
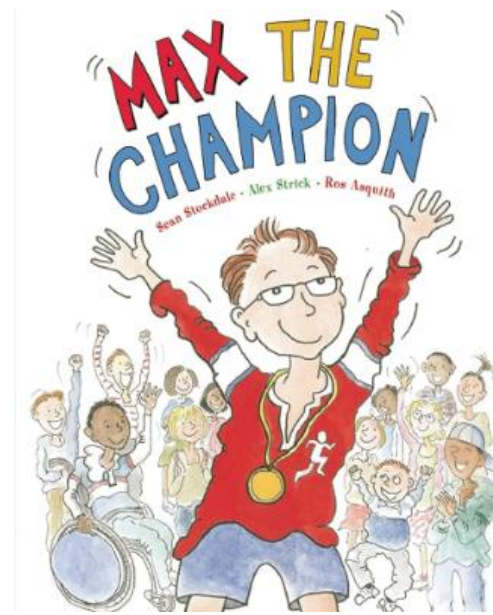
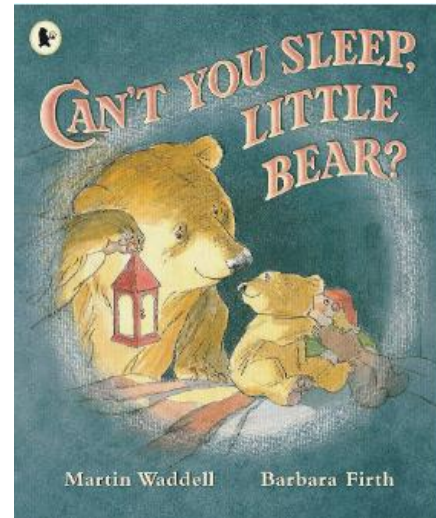


Spring 1 Reception and Year One: Healthy Me.

Key books this half-term



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 did Big Bear do to try and stop Little Bear being scared?
- Why is it important to get a good night's sleep?

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** – 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?

Key Vocabulary:

- **Germs** – Tiny organisms, or living things, that can cause disease. Germs are so small and sneaky that they creep into our bodies without being noticed. In fact, germs are so tiny that you need to use a microscope to see them.
- **Viruses** – Tiny particles that can cause disease in people, animals and plants.
- **Cold** – A common illness that makes you feel unwell. It can cause symptoms like sneezing, coughing and a runny nose. Colds are usually caused by viruses.

Key Questions?

- What should you do if you have a cold?
- Can you still go to school or work if you have a cold?
- Why is it important to wash our hands?
- How should we wash our hands?
- What things did Simon do to make him feel better?

Key Vocabulary:

- **Healthy** – Something that is good for your body or mind. It refers to making choices that help you stay strong and feel good.
- **Hygiene** – Keeping yourself and your surroundings clean. For example, washing your hands and brushing your teeth.
- **Exercise** – A way of keeping the body healthy through being active.
- **Disability** – A condition that can make it difficult for a person to do certain things.
- **Allergies** – It happens when your immune system thinks something harmless, like pollen or pet hair, is dangerous.

Key Questions?

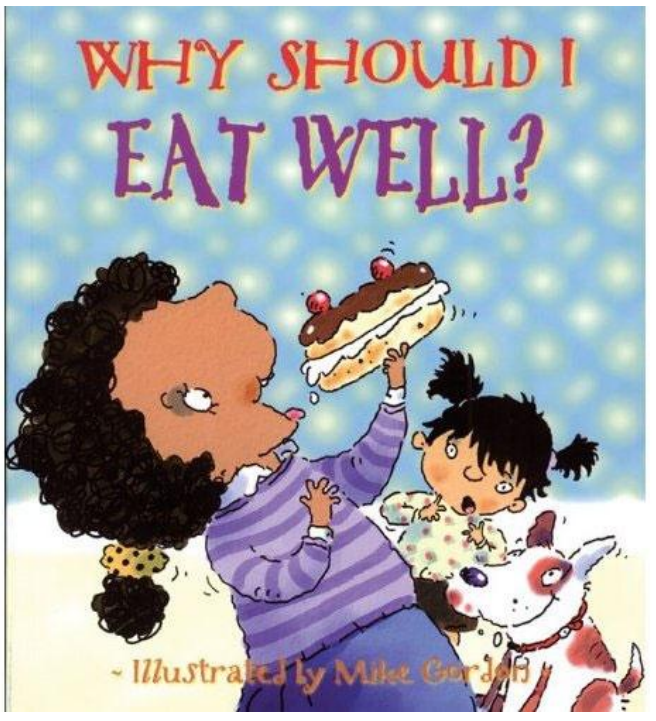
- How can we stay healthy?
- Why is it important to stay healthy?
- What types of exercise can you think of?
- Do you do any exercise?
- Do you have any allergies or do you know anyone who has any allergies?

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?



Key Vocabulary:

- **Balanced Diet** – Eating the right amounts of all the important food groups. It includes fruit, vegetables, grains, dairy products and protein. This way of eating makes sure you get enough, but not too much of any kind of food.
- **Vegetables** – A part of a plant that people eat.
- **Pimples** – Small skin bumps created when pores get blocked by oil or dead skin.
- **Decay** – To rot or become rotted.

Key Questions?

- What is a balanced diet?
- Do you eat healthy?
- Why is it good to have a balanced 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.

We will be learning about Chinese New Year.

Understanding the World



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.

RE

The children will explore Judaism. They will learn about Jewish worldviews and ways of life. They will learn about texts from the Torah and their importance for Jewish people today. Children will find out about Shabbat and Chanukah, discussing why Jewish people mark these times, what they learn from stories found in the Torah and why they are important today.

Mathematics

Download and play the White Rose maths 1 minute maths game

Numbers 6,7 and 8

We are looking into the numbers 6,7 and 8. Finding them and representing them. Looking at 1 more and 1 less to the number 8 and the double numbers within 8.

Capacity

Children will use the language of heavier and lighter in their play. Describe what happens when they use a balance scale.

And will be able to use the language 'full', 'empty', 'nearly full' and 'nearly empty'

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.

Creative

Music

The children will be:

- Exploring how sounds can be changed focusing on tempo, describing music and vocal timbre.
- Exploring the timbre of instruments and voices.

Art

Children will be developing a wide range of art and design techniques through colour mixing and will produce a piece of artwork demonstrating these skills.



Computing

The children will be tinkering with Beebots. They will learn how to control the Beebots using instructions and controls.



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.

Phonics and Key words

We continue with our daily phonics using the Monster Phonics Scheme. You have been sent home with the next set of sounds and words that your children will be learning. It is important that these are learnt and practised. Decoding words (sounding out) is a really important skill but without children knowing their key words by sight, they will struggle to move through our reading scheme.

Reception

The children will be writing labels and short captions E.g The red hat. Children should be able to read their writing back to an adult.

Year 1

Children will be using the sounds and key words they have learnt to write simple recounts including the retelling of a story.

Reading

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 are sent home alongside key words and phonics material. Children need their book bag in school everyday.

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

Writing

In both reception and Year 1, we will continue working on handwriting. It is important that letter formation is correct and that the children are shown how to form their letters, both at home and school so bad habits are not formed.

RSHE



Jigsaw – Healthy Me.

The children will:

- Know the difference between being healthy and unhealthy
- Know some ways to keep healthy
- Know how to make healthy lifestyle choices
- Know how to keep themselves clean and healthy
- Know that germs cause disease / illness
- Know that all household products, including medicines, can be harmful if not used properly
- Know that medicines can help them if they feel poorly
- Know about acceptable living conditions

PE

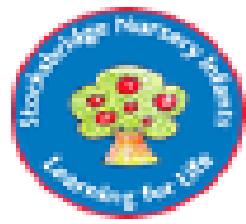


Indoor PE – Gymnastics

The children will explore travelling movements such as skipping, hopping and jumping, and how to link these together to create a sequence. They will develop stability and control when performing balances.

Outdoor PE – Invasion games

The children will learn about team games such as football. They will learn about the role of attackers and defenders and who their team mates are, and when/how to pass the ball to them.



Key Instant Recall Facts

Reception | Spring 1



I can say 1 more than a given number up to 10.

By the end of this half term, children should be able to say one more than any number up to 10. The aim is for them to say the number that is one more than the number you say to them. They may

be able to say what would be one less too.

| 1 more than... | 1 less than... |
|----------------|----------------|
| 1 is 2 | 1 is 0 |
| 2 is 3 | 2 is 1 |
| 3 is 4 | 3 is 2 |
| 4 is 5 | 4 is 3 |
| 5 is 6 | 5 is 4 |
| 6 is 7 | 6 is 5 |
| 7 is 8 | 7 is 6 |
| 8 is 9 | 8 is 7 |
| 9 is 10 | 9 is 8 |
| 10 is 11 | 10 is 9 |

Use a number line to hop along one more:

Top tips

The secret to success is practising little and often. Use time wisely. Can you practise these KIRFs while walking to school or during a car journey? Perhaps you could have number cards that you can show your child and they say which number is one more than that number.

<https://www.topmarks.co.uk/learnine-to-count/chopper-squad> - one more than game

<https://www.youtube.com/watch?v=Du6lHupzwVg> - one more song



Key Instant Recall Facts

Year 1 | Spring 1



I can compare two numbers by saying which is greater than $>$ and which is less than $<$.

By the end of this half term, children should be able to say compare two numbers and instantly identify which is greater and which is less than.

| |
|---|
| $5 > 3$ $0 < 5$ $7 < 9$ $10 > 1$ 6 is greater than 4 4 is less than 7 8 is less than 9 3 is greater than 1 |
| Key vocabulary greater than $>$ less than $<$ equals to $=$ |

Top tips

The secret to success is practising little and often. Use time wisely. Can you practise these KIRFs while walking to school or during a car journey?

<https://www.starfall.com/h/numbers/greater-less-equals/?sn=math0>

Reception Progression Map

| | WEEK 1 | WEEK 2 | WEEK 3 | WEEK 4 | WEEK 5 | WEEK 6 | WEEK 7 | WEEK 8 | WEEK 9 | WEEK 10 | WEEK 11 | WEEK 12 |
|--------|---------------------|---------------------|------------------------------|------------------------------|---|---|---|---------------------------------|--|------------------------------------|------------------------------------|---|
| TERM 1 | s a t p | i n | m d g | o c k ck | e u r | h b | f ff l ll ss | j v w x | y z zz qu | ch sh th _(v) th ng | Long oo | ar |
| | a, at, as | in, it, is I, an | and, am dad | to, into, go no, the | get, dog, can, got, on, not, cat | up, mum put, had oh, him his, big has | he, she me, we be, of ASSESSMENT 1 | if, off, you my, they for | will, all went, was from help | too, her with, are yes | then, them that this said | ASSESSMENT 2 |
| TERM 2 | oo (u) | ow | ee | ur | ai | or | oa | er | igh | air | ol | ear ure |
| | look now down | look now down | see going just have | see going just have | it's do so | it's do so ASSESSMENT 3 | come some were one | come some were one | like, by when little what | like, by when little what | day away play children | day, away play children ASSESSMENT 4 |

Please check that your child knows the sounds and words from Term 1 (Autumn)

Year 1 Progression Map

| | WEEK 1 | WEEK 2 | WEEK 3 | WEEK 4 | WEEK 5 | WEEK 6 | WEEK 7 | WEEK 8 | WEEK 9 | WEEK 10 | WEEK 11 | WEEK 12 |
|---------------|--|---|---|--|---|---|---|---|---|---|---|--|
| TERM 1 | ff ss zz ll ck nk | tch ve ai | oi ay oy | suffix s/es ASSESSMENT 1 a_e | e-e i-e o-e | u-e u-e ar | ee suffixes ed/ing | ASSESSMENT 2 ea ea | er ir ur | oo oo oa | ASSESSMENT 3 oe suffixes er/est | ou ow ow |
| | a, be, he, me, we, she, no, go so, to, do, today, I, by, my | love, some come, was is, his has, one once, friend your | the, of said here there you school | house, our where were they says are, ask, put push, pull, full | from, help back, animals will, this, that then, them with, went, off children, just | made, make came, like time, by, my I, I'm into, too don't | see, very day, have when, about out people | look, looked asked, could saw, all down now | Mr, Mrs what their little called | HFW REVISION | more, horse gone, live would school soon, food room | play, way, say may, away been, need keep, feet snow, grow window, know |
| YEAR 1 CEWs | | | 100 HFWs | | | | 200 HFWs | | | | | |
| TERM 2 | ue ue ew | ew k before y i e ASSESSMENT 4 | ie ie igh | or ore aw | au air Prefix un | ASSESSMENT 5 ear (Long E-r) ear (air) | are y ph | wh e o | ASSESSMENT 6 Review ff ll ss zz ck nk tch | Review ve ai oi ay | Review oy a-e e-e i-e | Review o-e u-e u-e ar |
| | three, tree trees, green, sleep queen, please ever, never, river under, better after | good, took, book looks, looking car, dark, park hard, garden found, round around, mouse shouted | going, most over, cold told, gave take, place | he's, we're even, began before because girls, birds first | sea, tea, eat each, really these, other mother another | floppy, any many, every everyone baby, only suddenly pulled | want, wanted great, us has, inside liked, can't didn't, key hear, white | love something coming, fly why, new use, there where, boy | which, head dragon animals couldn't eyes, lived boat, cried | giant, find laughed again, friends different door, jumped stopped | thought through magic narrator once, air, who I've, I'll, these | 200 HFW REVISION |
| 200 HFWs | | | | | | | | | | | | |

Please check that your child knows the sounds and words from Term 1 (Autumn)