

Science

- Healthy Living
- Exercise
- Sleep
- Food
- Hygiene

Topic Activities

- Eating healthily
- Discussing different food groups
- Making a healthy snack
- Understanding the value of exercise
- Learning about the importance of hygiene
- Having a positive attitude

Key Vocabulary

- Bodies
- Exercise
- Heart
- Fruit and vegetables
- Fish and meat
- Eggs, milk and cheese

PE

We will be using the apparatus for gymnastics and taking part in swimming lessons. Details of this will follow in a separate letter.



Homework Project

Over one weekend keep a record of what you ate and what exercise you did. Think about how you can present this in an interesting way to your class. We will be looking at these in class during the week beginning 24th September.

Other Activities to do at Home

- Read your reading book and ask lots of questions on the text.
- Practise your spellings every day if you can. Can you put them into sentences? Can you make different types of sentences?
- Remember that every sentence starts with a capital letter and ends with a full stop, question mark or exclamation mark.
- Read topic books to find out more information.

PSHE - Personal, Social and Health Education

- Rules for the class agreed by the children
- Rules for speaking and listening
- Friendship
- Sharing and taking turns
- Growth mind-set



RE

In RE the children will be thinking about books that are special to them. The children will be exploring why certain stories are special to Christians and Hindus.

Computing

Animation using 2simple software.

Literacy

In Literacy we will be:

- Learning the story 'The Enormous Turnip'.
- Writing our own versions of the story.
- Learning to plan and write with increasing independence.
- Focusing on using capital letters and full stops.
- Working on phonics and spellings on an ongoing weekly basis.
- Learning grammar— different sentence types and their basic punctuation.
- Beginning to develop comprehension skills in reading.

Mathematics

In maths we will be:

- Reading and writing numbers to 100
- Ordering numbers
- Partitioning numbers (e.g. 32 is 3 tens and 2 units or $30+2$)
- Adding a single digit to 2 digit number
- Subtracting a single digit from a 2 digit number
- Beginning to use simple written methods to calculate sums



Setting Sails Curriculum

Healthy Living

Sandpiper and Cormorant Autumn 2018 1st Half

Key Topic Questions

What do we understand by healthy living?

What are the different food groups?

Why do we need to exercise?

How can we stay active?

Why is sleep important for us?

What happens if we do not get enough sleep?