

Life in the past and present

What do children now and in the past spend time doing?

Old toys/new toys/ [link to screen time](#)

Compare toys past and present

Read stories about the past to the children

Nurses - now and in the past – what does a nurse do? Interview a nurse

Learn about Florence Nightingale – non fiction

People who help me to stay healthy

Learn about members of the community:

Doctors

Nurses

Dentists

Teachers

Sports Coaches

What do they do?

How do they help me stay healthy?

Key:

Communication and Language

Personal Social and Emotional Development

Physical Development

Literacy

Mathematics

Understanding the World

Expressive Arts and Design

Retell

Sequence

Different endings

Make split pin characters
Cutting/sticking/colouring

Journeys
Yr R Curriculum Overview
(in addition to word reading, writing and mathematics)

Stories

Gingerbread man

We're going on a Bear Hunt

Gruffalo

3 Billy Goats Gruff

Character study

Sing songs about the body:
Head Shoulders Knees and Toes

Toe Knee Chest Nut (Tony Chestnut)

Hokey Kokey

This is the way we brush our teeth

How does music and dancing make you feel?

rhyming

Act out (Bear Hunt)

Character's feelings

Listen to different music – draw while you listen, how does the music make you feel?

Know and talk about healthy eating and how it supports health and well-being

Food diary

Sorting foods

Plan/make a healthy picnic

Share books re healthy eating and exercise

Manage own needs

Know and talk about sensible amounts of screen time

and how it supports health and well-being

What is screen time?

What are positive and negatives?

What screen time do you use?

What is a sensible amount?

Manage own needs

Know and talk about regular physical activity and how it supports health and well-being

- Daily physical activity

Healthy Bodies

'Run, run as fast as you can'

Know and talk about having a good sleep routine and how it supports health and well-being

Why is sleep important?

What helps me get to sleep?

Plan a bedtime for a teddy, put the teddy to bed.

Make a bed for teddy

Manage own needs

Know and talk about toothbrushing and how it supports health and well-being

What are teeth for?

How can we look after them?

How long is 2 minutes?

What can you do in 2 minutes? – jumps, pegs on a string, catch a ball etc . Counting, Measuring time

Gross Motor Challenges:

Rolling

Crawling

Walking

Jumping

Running

Hopping

Skipping

Climbing

Count/measure the claps/hops etc

Compare more and less

Show resilience and perseverance