

All About Me

YEAR 1: AUTUMN 1 21/22

<p>COVERAGE:</p> <ul style="list-style-type: none"> To find out more about how our bodies work and what we need to live. Finding more about our family and where we live. Exploring our emotional well-being and begin to explain how we feel and what is making us feel that way Starting to think about how to stay healthy and how what we put into our body can affect our health. <p>Body</p> <ul style="list-style-type: none"> Labelling simple body parts and thinking about how we use them. Importance of exercise and why we do the daily mile. How exercise affects our body. <p>Family History</p> <ul style="list-style-type: none"> Thinking about the jobs within our family – aspirations and goals for our future. Toys from past and present. <p>Location – where we live</p> <ul style="list-style-type: none"> Pinpoint Weymouth on a map of Dorset and think about nearby places where we visit. 	<p>KEY LANGUAGE AND VOCABULARY:</p> <p>Body (parts)</p> <p>Skeleton</p> <p>Healthy</p> <p>Muscles</p> <p>Human</p> <p>Emotions</p> <p>Location</p> <p>Future</p> <p>Job/career</p> <p>Goals</p> <p>Achievement</p> <p>Senses</p>	<p>KNOWLEDGE AND FACT SHEET</p> <p>There are 206 bones in the body, however you are born with 270.</p> <p>KEY QUESTIONS:</p> <ul style="list-style-type: none"> Where do we live in the World? Where in England do we live? How can we label the different parts of our body? What holds our body upright? Why do we do the daily mile? How does exercise affect our body? What foods are healthy? What do we need for a balanced diet? What are the 5 senses?
<p>KEY SKILLS AND KNOWLEDGE:</p> <ul style="list-style-type: none"> I can name the key parts of the body I can locate where in the UK I live I know what to eat to keep me healthy I understand the difference between old and new toys I can explain how I am feeling and think about why I know why we do the daily mile I know what effect exercise has upon my body I can talk about my family I know what I want to be when I am a grown up 		
<p>ENRICHMENT:</p> <p>Walk around the local area.</p> <p>LOTC – cross curricular opportunities.</p> <p>Impact Day</p>	<p>PUPIL LEADERSHIP:</p> <p>Art portraits presented in groups.</p>	