



# Early Years Foundation Stage Plan Autumn 1 2020/21 Healthy Lifestyle and Happy Life

## Personal, Social and Emotional

### Managing Feelings and Behaviour

- Aware of the boundaries set, and of behavioural expectations in the setting including the school's Golden Values, Respect, Perseverance and Positivity

### Making Relationships

- Initiates conversations, attends to and takes account of what others say.

### Self Confidence and Self Awareness

- Confident to speak to others about own needs, wants, interests and opinions.

## Communication and Language

### Understanding

- Responds to instructions involving a two-part sequence.

### Speaking

- Uses language to imagine and recreate roles and experiences in play situations.
- Introduces a storyline or narrative into their play.

### Listening and attention

- Maintains attention, concentrates and sits quietly during appropriate activity.

## Understanding the World

### People and Communities

- Enjoys joining in with family customs and routines.
- **They know about similarities and differences between themselves and others, and among families, communities and traditions.**

### The World

- Looks closely at similarities, differences, patterns and change.

### Technology

- Completes a simple program on a computer.

## Literacy

### Reading

- Continues a rhyming string.
- Hears and says the initial sound in words.
- Links sounds to letters, naming and sounding the letters of the alphabet.
- Enjoys an increasing range of books.

### Writing

- Gives meaning to marks they make as they draw, write and paint.
- Continues a rhyming string.
- Hears and says the initial sound in words.
- Writes own name and other things such as labels, captions.

## Mathematics

### Number

- Recognise some numerals of personal significance.
- Recognises numerals 1 to 5.
- Counts up to three or four objects by saying one number name for each item.
- Counts out up to six objects from a larger group.
- Selects the correct numeral to represent 1 to 5, then 1 to 10 objects.
- Says the number that is one more than a given number.
- Finds one more or one less from a group of up to five objects, then ten objects.

## Physical Development

### Moving and Handling

- Jumps off an object and lands appropriately
- Handles tools, objects, construction and malleable materials safely and with increasing control.
- Shows a preference for a dominant hand.
- Uses a pencil and holds it effectively to form recognisable letters, most of which are correctly formed.

### Health and Self Care

- Shows some understanding that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health.
- Shows understanding of the need for safety when tackling new challenges, and considers and manages some risks.

## Expressive Art and Design

### Exploring using media and materials

- Constructs with a purpose in mind, using a variety of resources.
- Uses simple tools and techniques competently and appropriately.
- Selects appropriate resources and adapts work where necessary.

### Being Imaginative

- Plays alongside other children who are engaged in the same theme.
- Plays cooperatively as part of a group to develop and act out a narrative.

## Subject Links (may change throughout the half term due to children's interest)

### English

Julia Donaldson's rhyming texts which are familiar to the children.  
Discussing the author, illustrator and blurb.  
Rhyming songs and chants.  
Initial sound games and discussions

### Maths

Recognising numerals  
Counting a group of objects up to 5 then 10 accurately  
Matching the numeral to the quantity of objects  
Finding 1 more or less to a given number

### RE

What is religion?  
What/Who is God?  
Read/watch Noah's Ark (Christian story) What is the meaning of the story?  
Read/watch The Crying Camel (Islamic story).  
How is the Christian story similar to the Islamic story?

### PE

(Begins towards the middle/end of Autumn 1)

Getting changed into a PE kit and back into a uniform.

Obstacle courses - focus;

- jumping and landing 2 feet together.

## Learning Challenge

How can we keep our mind healthy?  
Introduce and discuss; the outdoors, exercise, talk, meditation.  
How can we keep our bodies healthy?  
Introduce and discuss; healthy foods, brushing our teeth, handwashing  
(possible visit from the oral health team)