

I should already know:

Some phase 3 sounds
Tricky words from Phase 2 and Phase 3
Vegetable and fruit names

I will learn:

How to be healthy
What exercises I can do to get fit
How to make a fruit salad
Where to buy healthy food from

Stories

Oliver's Fruit Salad
Oliver's Vegetables
Oliver's Milkshake

This will help in the future:

I will know how I can have a healthy lifestyle, so I am fit and well.

Key Words

<i>Word</i>	<i>Definition</i>
<i>Fruit</i>	<i>Grown from a plant and eaten as food e.g. apple</i>
<i>Vegetable</i>	<i>Grown from a plant and eaten as food e.g. cabbage</i>
<i>Fruit salad</i>	<i>Various fruits chopped up in a dish</i>
<i>Exercise</i>	<i>Moving in different ways e.g. running, walking, jumping</i>
<i>Healthy</i>	<i>Not being unwell</i>
<i>Adjective</i>	<i>A describing word e.g. the apple is red</i>
<i>Innovate</i>	<i>Changing something</i>



Greater Depth Challenge

Use digraphs to write a word e.g. ring
Writing sentences independently
Using 'because' to extend a sentence
e.g. I like grapes because they are juicy

Further Reading

Project X books.
Any stories that I am interested in.

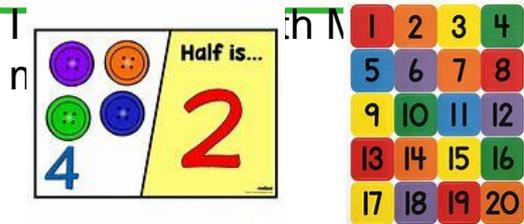


Maths

I can use numbers within 20 confidently.

I can group objects and share them out.

I can double and halve



Personal, Social, Emotional Development

I can be forgiving and considerate

Healthy Me

I can talk about moving my body, the food I eat and sleep as being important for a healthy

Physical Development

I can join in with Dough Disco.
I can throw and catch a ball
I can practise different exercises

Phonics

I can recognise digraphs in words

I can use my phonics to spell words

I can read words by

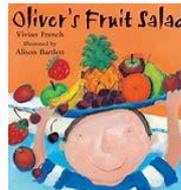
segmenting and blending.

I can retell a story

I can remember key parts of a story

I can innovate a story

I can use a word wall to help me write keywords from a story



Knowledge and Understanding

I can talk about what is healthy
I can sort healthy and unhealthy food
I can talk about a balanced diet
I can say where fruit and

Curious Questions

How can I be healthy?
What food is healthy?
Why is exercise important?
What does exercise do to my body?
What fruit do I like to eat?

Expressive Art and Design

I can create a healthy recipe

I can draw fruits that I like to eat