

## Key line of enquiry – Why do I need to keep my body healthy?

Task – Create a body map and name the different parts and functions.

## I am special

- I can create a body map
- I can describe my feelings
- I can construct a family tree
- I can talk about people and objects that are special to me

## My body

- I can name the different parts of the body and their functions
- I can explore my senses and describe them
- I can talk about the importance of sleep, exercising, and eating healthily

## Key questions and focus

Can you remember a time when you have felt happy, sad, angry, or scared?

What can you do to help yourself when you are feeling....?

Who do you go to when you are feeling.....?

Can you make a happy, sad, angry face?

How do you express your feelings?

What makes you special?

We will learn about our bodies and how they work.

We will observe the effects of activity on our bodies

Can you name some body parts?

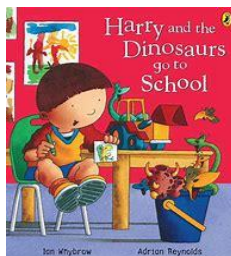
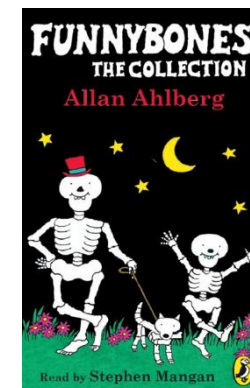
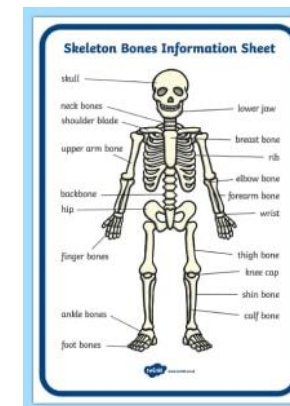
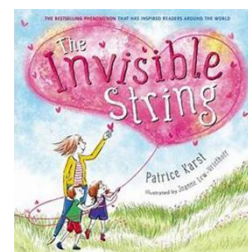
What can we do to keep our bodies healthy?

What are the 5 senses?

What body parts are connected to the 5 senses?

What is inside our body?

How do you look after your teeth?



Vocabulary		Vocabulary		Vocabulary	
Face parts	Hair, eyes, eyebrows, eyelashes, nose, nostrils, lips, mouth, chin, cheeks, ears	The five senses	Sight, hear, taste, smell, touch	Rules	A set of instructions that show how to behave
Feelings	Happy, sad, angry, excited, tired, scared, worried, surprised, embarrassed	Body parts	Head, neck, shoulders, elbows, wrists, hands, fingers, tummy, back, hips, legs, knees, ankles, feet, toes	Routines	A sequence of actions regularly followed
Unique	One of a kind	Exercise	Moving to keep our bodies fit and healthy	Praise	An act to express approval
Different	Not the same	Healthy	Well, not ill or sick	Behaviour	The way in which someone acts or conducts themselves
Similar	Almost the same	Germ	Bacteria that can make us ill	Consequence	Something that follows an action or situation
Identical	Exactly the same	Skeleton	The bones that are inside our bodies	Privacy	The right to protect your personal space
Body map	Create a body and label it	Heart	An organ inside our bodies that pumps our blood	Choices	Choosing between 2 or more possibilities
		Lungs	An organ inside our bodies that helps us breathe	Strategies	Plans to achieve something

### Curriculum links

Communication and language	PSED	Physical	Literacy	Mathematics	Understanding the world	Expressive art and design
<p>Discuss 'This is me' bags</p> <p>Ask questions of people who help us visitors</p> <p>Learn vocabulary connected to theme</p>	<p>Discuss our special objects and events in our 'This is me' bag</p> <p>Express their feelings and consider the feelings of others</p> <p>Identify and moderate their own feelings socially and emotionally.</p>	<p>Develop overall body-strength, balance, co-ordination and agility</p> <p>Further develop the skills they need to manage the school day successfully:</p> <p>Know and talk about the different factors that support their overall health and wellbeing</p>	<p>Explore non-fiction and fiction books on the body</p> <p>Begin to write my name</p> <p>Listen to Golden Rules stories</p> <p>Label a skeleton</p> <p>Blend sounds into words</p>	<p>Compare size, height, length</p> <p>Measure different parts of the body</p> <p>Compare children's features</p> <p>Recognise patterns in children's features</p> <p>Learn our birthday date</p>	<p>Use senses on a nature walk</p> <p>Touch-Feely boxes Taste- tasting food Smell- smelly playdough Hear- sounds walk Sight- Kim's game</p> <p>Talk about members of their immediate family and community</p> <p>Understand that some places are special to members of their community</p>	<p>Draw a self portrait</p> <p>Create a skeleton using cotton buds/straws</p> <p>Pablo Picasso Jackson Pollock</p>