



Healthy Heroes

Overview:

During this topic the children will explore factors that contribute to healthy living. The children will find out how to keep themselves healthy and also safe. We will explore the PANTS rule and find out about people in the community who help to keep us safe. Children will explore real life super heroes within their lives and community and give reasons for this, recognising their qualities, work and what it means to be a true superhero. They will also explore a range of fictional superhero characters through stories. They children will have the opportunity to develop their own imagination when creating their own superhero or story for their superhero through art, role play and story writing. The children will have the opportunity to design and make resources for their hero, thinking carefully about the materials they will use and which would be best suited for their purpose.

Intended Learning:

- To understand that it is important to eat healthy foods.
- To be aware of other factors that contribute to healthy living – sleeping, hygiene, exercise, brushing teeth.
- To explore a range of healthy foods using my senses.
- To identify how to keep safe – road safety, stranger danger, internet safety.
- To talk about people who work in the community to help keep us safe and healthy.
- To understand why healthy relationships are important and understand the PANTS rule.
- To name parts of the body and understand the purpose of our skeleton.
- To talk about how to help calm themselves down if feeling angry, scared or upset.
- To talk about a real life superhero and can tell you why they are a hero
- To talk about the superheroes in our community
- To talk about a superhero from a story
- To explore and discuss the properties of different materials when selecting specific materials for a purpose

Challenge:

- To begin to talk about where some of our food comes from.
- To begin to understand how the body works and why we need to look after our bodies.

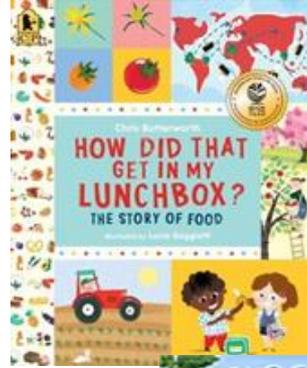
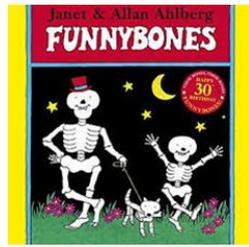
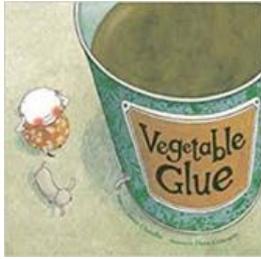
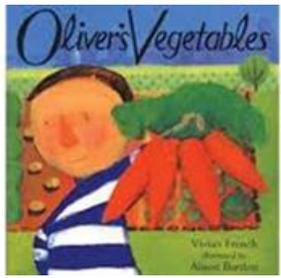


Create superhero maps – quickest route, problem solving, super hero pictures – sliders and levers.

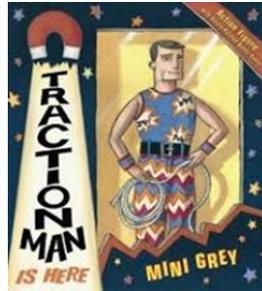
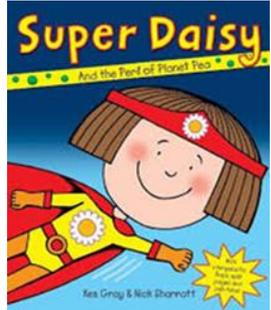
Vocabulary

Fats	Help to fuel and insulate the body. We need some fat in our diet but not too much.
Tooth Decay	The destruction of the enamel which is your hard outer layer of your teeth. When you eat or drink foods containing sugars, the bacteria in plaque produces acid that attacks the teeth.
Plaque	A sticky bacteria that forms on your teeth.
Exercise	Being physically active
Bones	Support the body and protects its organs.
Energy	We need this to do everything – from moving to thinking to growing.
Breathing	Taking in air through your nose and mouth (oxygen) and then breathing air out (carbon dioxide)
Germ	Tiny living things that can make our bodies sick.
Hygiene	Keeping things and yourself healthy and clean
Muscles	Muscles help you move blood through your body, move and lift objects. We have more than 600 muscles in our body.

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The children will also explore a range of non-fiction books, songs and rhymes linked to this topic.



Skills:

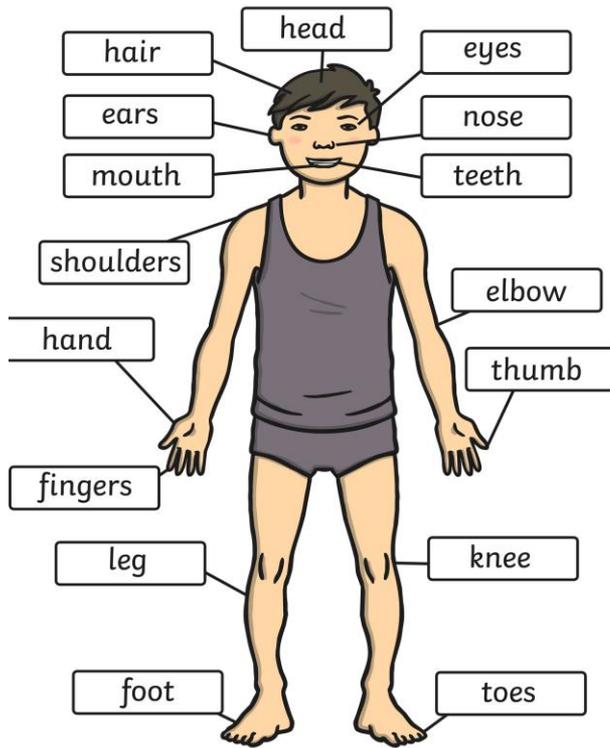
- Research
- Explore
- Recall
- Predict
- Self regulate
- Imagine
- Retell



Healthy Heroes

Key learning facts:

Parts of the Body



What are the five senses?



Factors that contribute to healthy living



Something to think about ...

It takes 43 muscles in the face for us to frown.



It takes 17 muscles in the face for us to smile.





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Communication and Language:

To discuss and share ideas, thoughts and opinions.

To learn and use new vocabulary linked to topic.

To express themselves effectively, showing awareness of listeners' needs. Use past, present and future forms accurately when talking about events that have happened or are to happen in the future.

Answer `how` and `why` questions.

Express views about events or characters in the story and answer questions about why things happened.

Express themselves effectively, showing awareness of listeners' needs.

Use past, present and future forms accurately when talking about events that have happened or are to happen in the future.

Develop their own narratives and explanations by connecting ideas or events.

Recount experiences

Imagine possibilities

Use a range of vocabulary in imaginative ways to add information, express ideas or explain or justify actions or events.

Understanding of the World

To understand who can help within the community.

Talks about family customs and routines.

Physical Development:

Shows some understanding of good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health.

Can talk about ways to keep safe.

Health week – joining in with a range of different daily activities linked to the development of different physical skills – obstacle courses, circuit training, dance and other physical activities.

Exploring Media and Materials

To develop imagination when representing their own ideas, thoughts and feelings through design and technology, dance, role play, movement and stories.

To explore music and movement during health week.

For maths planning please see separate maths plans.

PSED:

Understanding different emotions and how to self-regulate.

Be confident to speak to others about own needs, wants, interests and opinions.

Can describe self in positive term.

Can talk about how they and others show feelings, talk about their own and others' behaviour, and its consequences, and know that some behaviour is unacceptable

Understand healthy relationships.

Explore the NSPCC PANTS campaign

Literacy:

To read sentences and texts with increased fluency.

To apply knowledge of sounds and words (including phase 3 digraphs) when recording simple sentences.

Know that information can be retrieved from books and computers.

Use phonic knowledge to write words in ways that matches their spoken words.