

# Healthy Me – Nursery



During this topic the children will find out about healthy living and begin to explore different factors that can influence this – foods, exercise, hygiene. The children will also explore the role of doctors and other health care professionals – nurses, dentists,

- Intended learning:**
- To begin to understand what foods are healthy and what foods are unhealthy
  - To explore the kinds of exercises we can do to help keep ourselves healthy
  - To begin to understand that other factors also contribute to healthy living – sleep, keeping clean, brushing teeth
  - To know how to keep safe – road safety, stranger danger
  - To understand the PANTS rule
  - To consider how we can be a good friend and why healthy relationships are important
  - To name parts of the body - body – head, neck, shoulders, arm, fingers, chest, stomach, legs, knees, feet, toes
  - To know that we have a skeleton and the purpose of this
  - To understand the importance of safety around medicines
  - To explore the role of doctors and nurses

Vocabulary	
Healthy	Caring for your body so you have enough energy to learn, play and grow. If you are healthy you eat the right kinds of foods and exercise regularly.
Unhealthy	Not good health – eating foods that are not good for your body and not doing the things needed to look after our bodies.
Dentist	A person who looks after and treats our teeth.
Germs	Tiny living things that can make our bodies sick.
Plaque	A sticky bacteria that forms on your teeth.
Exercise	Playing and being on the move.
Skeleton	This is a structure inside our body made up of bones to help keep us upright and to protect parts of our body.
Muscles	Muscles help you move blood through your body, move and lift objects.

- Key skills:**
- Question
  - Research
  - Recall
  - Investigate
  - Imagine
  - Reenact

**Focus author or this term:**  
Kes Gray

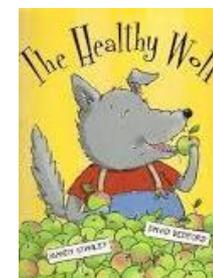
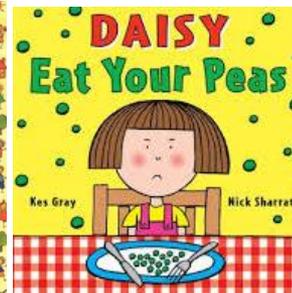
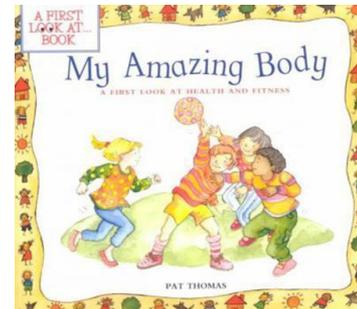
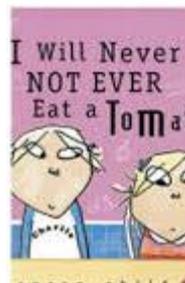
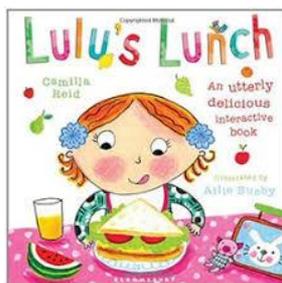


Vocabulary Challenge words:

**Energy** – We need this to do everything from moving to thinking to growing.

**Tooth Decay** – The destruction of the enamel which is the hard outer layer of your teeth. When you eat or drink foods containing sugars, the bacteria in plaque produces acid that attacks the teeth.

**Hygiene** – Keeping things and yourself healthy and clean.



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

## Factors that contribute to healthy living





# Healthy Me!

## Communication and Language:

Can name parts of the body- body, head, neck, shoulders, arm, fingers, chest, stomach, legs, knees, feet, toes.

Learns new words in relation to topic i.e. body parts, names of fruits and vegetables and uses them in conversation.

Listens to others one to one and in small groups.

Understands use of objects e.g. when using tools to make a fruit salad can identify what we use to cut the fruit.

Beginning to show an understanding of prepositions when exploring the human skeleton, head 'on top' of neck.

Responds to simple instructions.

Uses talk to connect ideas.

Questions why things happen and gives explanations.

## PSED:

Is aware of how we keep ourselves safe- road safety, stranger danger.

Learns about and understand the NSPCC PANTS rule.

Can talk about how we can be a good friend and is beginning to understand why having healthy relationships is important.

Understands the importance of safety around medicines.

Is aware of own feelings and know that some actions and words can hurt others' feelings.

Begins to accept the needs of others.

Shows confidence in asking adults for help.

## Physical Development:

Begins to understand what foods are healthy and what foods are unhealthy.

Explores the kinds of exercise we can do to help keep ourselves healthy.

Begins to understand that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health. Observes the effects of activity on their bodies.

Is able to say when they are hungry, tired or when they want to rest.

Moves freely and with pleasure and confidence in a range of ways.

Enjoys taking part in games and exercises.

## Literacy:

Explores Alliteration and revisits Rhythm and Rhyme during Phase 1 Letters and Sounds with use of focus author stories- Kes Gray.

Recognises rhythm in spoken words.

Suggests how a story might end.

Shows an interest in illustrations and print in books and print in the environment.

Recognises familiar words and signs such as own name and advertising logos e.g. healthy and unhealthy food restaurant logos.

Knows information can be relayed in the form of print.

Beginning to continue a rhyming string when exploring rhyme using Kes Gray books.

## Understanding of the World:

Can name parts of the body e.g. body, head, neck, shoulders.

Understands that we have a skeleton and begins to know the purpose of this.

Takes an interest in different occupations.

Explores the role of doctors, nurses and dentists and how they take care of people.

Beginning to be aware of who can help us in the community e.g. doctors, nurses, dentists.

Talks about special times or events.

**Mathematical Development: see separate maths plans.**

## Exploring Media and Materials:

Explores different types of movement and music during Health Week.

Creates movement in response to music.

Realises tools can be used for a purpose.

Developing preferences for forms of expression.

Captures experiences and responses with a range of media such as music, dance and paint and other materials or words.

Beginning to construct with a purpose in mind.

Beginning to manipulate materials to achieve a planned effect.