Health and Body

F.E.

Summer 1 2026

My Communication

We will be learning about different systems in our body and labelling these.

We will have a class discussion about healthy/unhealthy habits and discuss and write about ways to support a healthy lifestyle.

My Thinking

We will use trackers to measure our steps on our daily walk and see if we can beat these.

We will measure each other's footprints and order these.

We will play the Kim's game in small groups and take turns appropriately.

My Creativity

We will be looking at drawing this half term. We will study great artists self-portraits and then create our own.

We will work in small groups to create and perform a short dance routine.

Learning for Home

-Go on walks and measure the number of steps you take and see if you can beat these.

- Cook a balanced meal with a family member.

How My World Works

We will look at and re visit our understanding of a healthy, balanced meal. We will plan and cook these with a staff member on a Wednesday.

We will experiment with what happens to food when our hands are washed or not.

We will record experiments using photos.

Me and My Body

We will be looking at outdoor and team building games.

We will carry on with our TITAN curriculum.

We will be identifying changes to the body during puberty and discussing relationships including intercourse, contraception.

Me and My Community

We will visit different types of shops while out on a Tuesday and discuss what we could buy from there.

We will discuss in our Relationships and Sex Education sessions different types of relationships we have in our lives and what they look like.