Summer 1 2026
Health and Body
Bridie Hewitt

MAGIC

Active—We will visit a local gym to learn how to keep our bodies healthy

My Creativity

We will explore a variety of different medias to make pictures or sculptures of our bodies.

We will follow along with a simple yoga routine.

We will create our own artwork in the style of American abstract artist Jackson Pollock and Spanish Cubist Pablo Picasso

My Thinking

We will explore how we can use our bodies to make different sounds eg clicking, clapping, stomping and make simple patterns.

We will compare our footprints to our classmates and compare to see who has the biggest feet!

We will match items of clothing to body parts—e.g. hat to head and shoes to feet

My Communication

We will explore mark making by printing and drawing round parts of our body

We will move our bodies to copy along to some action songs such as Heads, Shoulders, Knees and Toes, and The Skeleton Dance.

We will continue to develop our understanding of emotions through zones of regulation.

Me and My Body

We will look back at old photos to see how we have changed over time

We will learn how to keep ourselves safe by sorting between public and private behaviours

We will follow simple instructions to take part in group activities such as an obstacle course and parachute games.

Continued learning at home

Cook delicious meals and snacks together and discuss whether they are healthy or unhealthy

Look back through old family photo albums to see how loved ones have changed over time

Think of healthy ways to exercise that the whole family could enjoy such as a walk on the beach of a visit to the trampoline park

How My World Works

We will watch time lapsed videos of food decaying on YouTube

We will continue to develop our personal care skills such as hand washing and teeth brushing to keep our bodies safe and healthy

We will learn about healthy and unhealthy foods by playing games of food bingo.

Me and My Community

We will learn about emotions by looking at photos of people expressing emotions and then making faces in the mirror.

We will share space and play alongside our classmates.

We will visit local clothing stores and make choices about what items we like