Health and body

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White Class – Summer 1 2026
Teacher – Jenna Humphrey

My Communication

In our communication sessions we will be matching symbols to parts of the body, placing a heated / cold pad on the area.
In our writing skills sessions pupils will be using parts of the body for painting. They will use hands, fingers, feet and their bellies to create patterns, and to feel the different textures.
In morning dance sessions, we will be following simple action songs and repeating familiar movements.
Throughout the term we will make a 'This is me' book including photographs of the pupils and activities like like/ dislike.

How My World Works

During our sessions we will be tasting new food and identifying whether they are healthy/ unhealthy. We will see whether the pupils enjoy the taste and make a simple symbolic chart to display this.

In our weekly cookery sessions, we will be making fast food healthy. Making a healthy curry, pizza and burgers. We will visit a fast food chain and order a healthy meal.

In our personal care sessions, we will be focusing on skills of cleaning our teeth and washing our hands.

My Thinking

We will be:

- Draw around a peer on paper and label the parts of the body. Look at the images together who is taller / shorter
- We will be learning how to count to 10. Using counting equipment / writing numbers in sensory materials
- Finding numbers in sensory trays
- Counting knives and forks at dinner time
- Using rulers to measure items.

MAGIC: This term we are going to enjoy going on beach walks.

Me and My Body

We will be:

- Using mirrors to look at and identify our own body and facial features
- Looking at how our bodies change using social stories, looking at photographs
- Looking at similarities and differences between ourselves and others
- Look at public vs private spaces for pupils with the use of photos, symbols
- Working together in groups, playing games, taking turns on equipment, outdoor learning
- Trying Yoga
- Learning how to brush our teeth and wash our hands.

Key words: Mind, Exercise, unhealthy, cycle, jump, squeeze, breathe, relax, feelings, body, clean, dirty

Me and My Community

We will be:

- Visiting a local gym in the community, and using gym equipment at local parks such as Lingwood, Bracon Ash, and Mulbarton.
- In class we will practice sitting next to a peer and play along side them during our leisure sessions.

RE: To sit in assembly

My Creativity

During our creative sessions we will be drawing around our bodies and using different art materials to create different parts of the body.

We will use mirrors to look at parts of their faces and use different materials such as playdough, clay and junk modelling materials to create a picture of someone's face.

Look at different artists such as Andy Warhol and Edward Munch and create our own inspired work as a group.

Ideas for home

- Visit a local park and use equipment / go to a local swimming pool/ go for a long walk along a beach.
- Make healthy recipes at home, try a range of fruit and vegetables.
- Encourage independence when getting ready, point to parts of the body when helping.
- Count with your child at home / walking up steps