Health and Body

Red Class – Summer 1 2026

Teacher – Nic Denney

My Communication

We will read a variety of topic related non-fiction books, as well as the sensory story "My Amazing Body". We will practise writing our names (including last names if appropriate), and label pictures to create a "This is me" booklet. We will practise answering who, what and where questions, and begin to link cause and effect using "because". We will practise talking to our friends, and commenting on our feelings or what is happening around us. We will learn the signs: exercise, breathe, squeeze, cycle.

MAGIC

We will be Connected with our bodies in exercises and yoga.

How My World Works

We will continue to learn about foods. We will learn about food groups, and sort foods into the groups. We will set up an experiment to look at what happens when food is left out of the fridge, recording our ideas and observations. We will also watch time lapse videos about food going bad.

Me and My Body

We will recognise differences between us and our friends, and look at how people change over time. Some of us will look at basic changes to the body in puberty. We will learn about the **PANTS** rule, and how to say no. We will work together to go around an obstacle course.

My Thinking

In maths, we will focus on length and distance. We will measure our feet using rulers, and count our steps using technology during out morning exercise. We will order our footprints based on size, and use the language of comparison. We will also explore appropriate clothing for different settings and weather, and play memory games.

Ideas for home

Why not try:

Practising the signs we are learning for our topic (sheet attached)

Use the topic linked activity sheets provided by school (please ask!)

Talk about what is the same / different between different members of the family.

Share old photos together, and look at how everyone has grown.

If you take your child shopping, discuss different food choices.

Ask your child to help you put food away in the fridge.

Me and My Community

We will role play going to the doctors, and use words / symbols to say what is wrong. We will compare the features on our faces and those of our friends. We will care for a plant in the classroom, and talk about how we care for other people.

My Creativity

We will look carefully at ourselves, and create a self portrait focussing on our features. We will look at the artist Pauline Boty, and say what we like / don't like about their work. We will then create a representation of one of their pictures. We will also sequence movements to act out using symbols.