

Prime Areas of Learning

Communication and Language

Children help plan the topic — what do they already know about 'Keeping Healthy' and we will consider what they would like to find out.

Ask questions about the topic and be ready to provide explanations to others about Keeping Healthy.

Listen and respond to stories (Supertato, Handa's Surprise) and information texts and Power Points about Keeping Healthy.

RE – New Testament Stories. Which stories are special and why? Children will explore some New Testament stories and consider the important lessons we can learn from these stories.

Physical Development

PE will be on a Tuesday and a Thursday. Please make sure that your child has their correct kit in school, earrings are removed and long hair is tied back. This term we will focus on Indoor Circuits, where children will build their stamina and upper body strength, develop their hand-eye coordination and work on their throwing and catching skills.

Compare diets and discuss ways to keep healthy.

Handle, prepare and taste different fruit using good hygiene.

Discuss the importance of having healthy teeth and how to ensure dental hygiene.

Personal, Social and Emotional Development

Understanding good hygiene and the importance of making healthy food choices. Children to develop set of rules to prepare and handle fruit. Thinking about why it is important to look after our teeth and how we can do this. PSHE (Jigsaw Theme) – Looking at our Dreams and Goals.

The Early Years Curriculum

Overview Term 3 2026

Keeping Healthy

Here's some information about what the Early Years children are learning this term during their Keeping Healthy Topic.

SMSC

Encouraging and enabling children to make their own healthy food choices.
Studying fruits from other cultures.

British Values

Looking at individual liberty – choices relating to diets and making healthy food choices.

Expressive Arts and Design

Observational drawings of fruits from around the world.

Make veggie superheroes based on the story of 'Supertato.'

Use imaginative play to recreate and retell the stories of Supertato and Handa's Surprise.

Specific Areas of Learning

Literacy

Explore books about Keeping Healthy and Healthy Eating.

Record information about Keeping Healthy in various forms: Lists, sentences, posters etc

Recording information about our own diets – Five a Day Wall Chart.

Provide a range of non-fiction books about healthy eating, staying healthy, exercising etc for independent and shared reading.

Mathematics

We will learn the importance of zero and how it means 'none'.

Children will also learn to recognise and write numbers 1-5. Children will look at subitising to 5 and finding one more or less than 5. We will also be learning about mass and capacity.

We are going to be learning about capacity, weighing and measuring.

Paying for items using correct coins in the Healthy Eating Cafe.

Understanding of the World

Convert role play area into a Healthy Eating Cafe.

Compare vegetables/fruit – similarities / differences – healthy/unhealthy. Sorting food into different food groups.

Prepare exotic fruit to eat – locate origins on a world map/globe.