Claygate Primary School

Nursery Spring 1 2024 – Healthy me



Week/Topic	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Weekly Focus	My body	My health	Healthy eating	Oral care	Exercise	Healthy mind
Celebrations and events			Winter Festival – 17th January			Chinese New Year – 9th February
Core Text	My Body	Maisy goes to hospital	The very hungry caterpillar	Maisy Goes To The Dentist	Exercise and play	Super Duper You
PSED	Red and Blue Acorns Children to develop awareness of personal space	Red and Blue Acorns Children to recall past experiences of going to the doctor/hospital	Red and Blue Acorns Children to understand that not all foods are healthy if eaten in large quantities Children to talk confidently about likes and dislikes	Red and Blue Acorns Children to develop understanding of oral hygiene	Red and Blue Acorns Children to understand the importance of exercise and outdoor play to be healthy	Red and Blue Acorns Children to discuss feelings and emotions and how to express them
Communication & Language	Red and Blue Acorns Children to speak in full sentences and to be able to take turns when talking to their teachers and peers	Red and Blue Acorns Children to speak in full sentences and to be able to take turns when talking to their teachers and peers	Red and Blue Acorns Children to speak in full sentences and to be able to take turns when talking to their teachers and peers	Red and Blue Acorns Children to speak in full sentences and to be able to take turns when talking to their teachers and peers	Red and Blue Acorns Children to speak in full sentences and to be able to take turns when talking to their teachers and peers	Red and Blue Acorns Children to speak in full sentences and to be able to take turns when talking to their teachers and peers
Makaton Sign Physical Development	Play Red and Blue Acorns Develop coordination	Sing Red and Blue Acorns	Finished Red and Blue Acorns	Red and Blue Acorns	Drink Red and Blue Acorns	Look Red and Blue Acorns
	and balance through games and use of physical equipment	Develop scissors skills and able to	Develop fine motor skills through threading activities	Develop ball skills – throw, catch and bouncing	Develop understanding of safety when	Move confidently in a range of ways

		make snips with scissors			tackling new challenges and activities	
Literacy	Red Acorns Acting out familiar stories and answering simple questions Blue Acorns Explore mark making and beginning to form recognisable letters	Red Acorns Acting out familiar stories and answering simple questions Blue Acorns Explore mark making and beginning to form recognisable letters	Red Acorns Acting out familiar stories and answering simple questions Blue Acorns Explore mark making and beginning to form recognisable letters	Red Acorns Acting out familiar stories and answering simple questions Blue Acorns Explore mark making and beginning to form recognisable letters	Red Acorns Acting out familiar stories and answering simple questions Blue Acorns Explore mark making and beginning to form recognisable letters	Red Acorns Acting out familiar stories and answering simple questions Blue Acorns Explore mark making and beginning to form recognisable letters
Phonics	Blue Acorns Phoneme e	Blue Acorns Phoneme u	Blue Acorns Phoneme r	Blue Acorns Phoneme h	Blue Acorns Phoneme b	Blue Acorns Phoneme f
Maths	Red and Blue Acorns All about the number: 3 Blue Acorns Patterns	Red and Blue Acorns All about the number: 6 Blue Acorns One less	Red and Blue Acorns All about number: 2 Blue Acorns Subitise 4 and 5	Red and Blue Acorns All about number: 5 Blue Acorns Composition 1- 5	Red and Blue Acorns All about number: 1 Blue Acorns Represent 1-5	Red and Blue Acorns All about number: 9 Blue Acorns One more
Understanding the World	Red and Blue Acorns Children to understanding their body and to be able to name parts of their body	Red and Blue Acorns Children to understand the role of doctors and nurses	Red and Blue Acorns Children to talk about where food comes from	Red and Blue Acorns Children to understand the role of a dentist and to describe brushing teeth	Red and Blue Acorns Children to understand what happens to their bodies when they exercise and to recognise when they are tired	Red and Blue Acorns Children recall significant events in their own experience and discuss feelings and emotions linked to the events
Expressive Arts and Design	Red and Blue Acorns Body awareness games with peers and mirrors	Red and Blue Acorns Role play going to the doctor using key vocabulary and full sentences	Red and Blue Acorns Creating art with food	Red and Blue Acorns Mark making/painting with toothbrushes	Red and Blue Acorns Using musical instruments to create different rhythms	Red and Blue Acorns Drawing emotions/feelings

Mini-Woodies Red and Blue Acorns Maintaining the mini woodies area Red and Blue Acorns Bird feeders Red and Blue Acorns The Great British Bird Watch Red and Blue Acorns Nature weaving Mud pies/cakes Mud pies/cakes Mini wo
