

OURSELVES



Our Autumn 1 topic is "Ourselves".

KEY FACTS

- Did you know exercising can help improve your brains performance?
- Human teeth are just as strong as shark teeth.
- The human brain is usually more active at night.
- The largest country in the United Kingdom is England.
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- The capital city of England is London.
- Human teeth are just as strong as shark teeth.

CAN YOU TALK ABOUT

- What you want to be when you grow up?
- Can you label the important parts of the body?
- The parts of your body & what their job is?
- Why it is important for humans to exercise and eat a balanced diet.
- Name the four countries that make up the UK.
- Where you live & where it is on a map of the world.

BOOKS TO READ

- Incredible You
- How to Catch a Star
- The Day the Crayons Quit
- It's Okay to be Different
- There's Only One You
- Oliver's Fruit Salad
- Kitchen Disco
- Super Duper You
- What Makes Me a Me?
- All Are Welcome
- Ready, Steady, Mo
- Food Fight

KEY VOCABULARY

exercise	body
hygiene	elbow
breathe	knees
human	person
growth	senses
survive	life

HOME LEARNING

1. Help your parents or carers to make a healthy meal.
2. Practise your letter formation on the mat provided.
3. Practise recognising numbers to 20 in and out of order.
4. Draw or paint a family portrait.
5. Practice Common Exception Word spellings.
6. Practice key maths skills that we are going to be working hard on in school such as being able to add and subtract numbers up to 20. Challenge: Can you remember how to partition numbers to 20 using tens and ones. <https://www.topmarks.co.uk/maths-games/5-7-years/counting>.

READING AT HOME

Please ensure that you are reading at home with your children as much as possible (we would like everyone to aim for 3x per week). Reading packets should be brought to school everyday.

P.E DAYS

Bluebell: TBC
Dandelion: TBC
Conker: TBC