



**Maracas -Summer 1- 2025-26**  
**Good Food, Good Mood (Healthy Eating)**



**Literacy - Instructions - recipes**

**Focus Text: Kitchen Disco**

We will

- Take part in a daily phonics session to develop pre-phonics skills - working on tapping sticks, action songs, loud and quiet, body percussion.
- Take part in an Attention Autism session 5 times a week to develop attention and engagement skills.
- Develop attention and communication skills through a weekly sensory story based upon the focus text.
- Develop pre-writing skills through a weekly topic themed sensory writing session.
- Take part in 3 sessions a week to develop fine motor skills.
- Take part in 2 sessions a week to explore books.
- Take part in 3 literacy activities a session as follows:

|                                       | Sensory tray                           | Cupcake table   | Spotty table                                    |
|---------------------------------------|--|---|---|
| Monday<br>Reading/<br>Attention       | Topic related photos in a sensory tray | Match topic related items/ photos                     | Sensory song - '1 potato, 2 potato'             |
| Wednesday<br>Writing/<br>Instructions | Mark-making using fruit and veg.       | Choose 'bossy verb' symbol to follow with fruit/ veg. | Choose 'bossy verb' symbol for adult to follow. |

**Numeracy - Number & Weight**

We will

- Develop counting and number awareness through a weekly '5 apples' number song.
- Develop counting skills through a weekly 'throw carrots into a bucket' number game.
- Take part in 3 numeracy activities a session as follows:

|   | Sensory tray                                 | Cupcake table                             | Spotty table  |
|---|--|---|---|
| Tuesday<br>Number/<br>Addition and<br>Subtraction | Rote counting to use spatula to splat fruit. | Counting fruit from bowls using Numicon.  | Putting fruit onto skewers. Encouraging asking for 'more'.              |
| Thursday<br>Weight                                | Explore heavy and light items.               | Balance scales - comparing fruit and veg. | Balance scales - counting how many fruits balance with classroom items. |

**RSHE - Healthy Lifestyles**

We will

- Develop our knowledge of 'Healthy Lifestyles' through a weekly RSHE input focussing on taking care of our physical health.
  - Practicing brushing teeth, washing faces and washing hands.
- Take part in a weekly cooking session, making fruit juices.
  - Following a simple recipe.
  - Developing knife skills to cut fruits.
  - Developing pouring skills to pour juice/ water.
  - Developing skills to use a blender safely.
- Take part in a weekly outing to the local park.
  - Managing behaviour appropriately in the community.
  - Following instructions whilst out in the community.
  - Working on individual independence skills.
- Develop dressing skills; getting ready for P.E/ water skills.
- Develop play skills and self-occupying through regular choosing opportunities.
- Celebrate the things we are good at through a good work session two times a day- Exploring scarves, bubbles, massage and listening to what we have done well.

**Creativity - Art - Collage**

We will take part in 3 different activities each week.

Activity 1 - Using precut picture of fruits and vegetables to make a face - based on the work by Guiseppe Arcimboldo.

Activity 2 - Using material or tissue paper to collage the weekly focus fruit or vegetable.

Activity 3 - Making a negative collage (around the outside) of the weekly focus fruit or vegetable using a variety of collage materials e.g. pipe cleaners, buttons, ribbon, natural materials and rubbish.

**Creativity - Music - Bamboo Tamboo**

We will take part in a weekly Hampshire music session led by Mark.

**The World - Healthy Eating**

We will take part in 3 different activities each week.

Sensory tray: Sorting healthy and treat foods.

- Explore toy food in a tray of cereal.
- Collect the toy food and put them in the correct tubs - Healthy/ Treat.

Activity 1: Roleplay fruit and veg stall.

- Explore fruit and veg toys/ crates/ till/ bags.
- Take part in simple role play - Choosing fruit/ veg, handing over money, putting fruit/ veg in bag.

Activity 2: Explore and Taste fruits/ veg from different continents.

- United Kingdom
- Europe
- Africa
- Asia
- America
- Australia

**Movement and PE - Athletics**

We will:

- Take part in a weekly P.E lesson with a focus on throwing.
  - Developing independent movements through dancing to music.
  - Exploring different throwing equipment (beanbags, javelin, frisbees, quoits, balls)
  - Dropping potatoes into plant pots.
  - Throwing beanbags at a 'coconut' shy.
- Follow our individual sensory processing programmes.
- Take part in a daily 'Sherbourne' lesson, developing early body movements and exploring different relationships through these movements, focusing on sliding, rocking/rolling, Jumping/swinging, in/on/under.
- Develop water skills and confidence through a weekly session in the hydro pool.