

Summer 1 - 2025-26
Good food, Good mood (Healthy Eating)

Literacy - Instructions - recipes

Literacy will be planned and delivered over four sessions a week. This half term the focus is instructions. We will be following instructions and giving instructions.

Independent workstation: To build up the children's independent focus and attention skills

- Consolidate and embed our prior knowledge of mark making, matching skills and fine motor activities

Group workstation: To work alongside another pupil with an adult

- Sensory Story - 'Kitchen Disco'
- Books - show an interest in children's recipe books, choose books to have read to them and look at themselves and show some understanding of how books work
- A sensory writing session - focused on the food item of the week
- Through the cooking session to follow simple instructions

Teacher-led workstation: To learn new literacy and early learning skills alongside a peer

- 'Oranges and Lemons' - Following and joining in with repetitive phrases
- Representational items - Show interest in representational items such as photos, symbols and books and develop their matching skills: with identical objects, objects to photos, two symbols/pictures or symbols to items.
- Following simple instructions for completing a fruit basket
- Pupils will also take part in a weekly diary writing page using photos, words/symbols and mark making with a pencil/pen to record an activity from the week.

Numeracy - Number & Weight

The children will be exploring heavy and light weights focusing on their food item for the week as well as developing their number skills.

They will have four sessions a week and one session will be outdoors where they will explore counting and numbers in the Sensory Garden.

Independent workstation: To build up the children's independent focus and attention skills

- To consolidate and embed prior knowledge through a practical activity and matching tasks

Group workstation: To work alongside another pupil with an adult to:

- Take part in a number song - '1 potato...'
- Using balance scales to see how many small fruit or veg they need to weigh the same as the big fruit or vegetable
- Take part in a turn taking number game

Teacher-led workstation: To learn new numeracy and early learning skills alongside a peer including:

- Numicon - to support counting fruit by matching to Numicon pieces
- Exploring weight of everyday classroom resources using hands to explore if they are heavy or light and placing them in the correct hoop labelled with a symbol
- Counting and number recognition

RSHE - Healthy Lifestyles

Everyday day we are going to practise key skills for looking after ourselves and keeping our bodies healthy. We will focus on three routines:

1. Washing our faces
2. Brushing our teeth
3. Brushing our hair

We will also spend a session a week ordering and giving simple instructions to each other to consolidate our daily routine.

Cooking - Using utensils safely to make a healthy snack

This half term we will focus on using kitchen utensils safely: a knife, peeler, grater, corer, and juicer. to make a healthy snack.

There will be a 3 week rotation of groups to make a combined salad bowl consisting of (Group 1) peeled and grated carrot, (2) peeled and sliced cucumber and (3) tomato segments. This will be followed by a 3 week rotation of groups to make a fruit kebab consisting of (Group 1) cored apple, (2) satsuma segments and (3) halved grapes with freshly squeezed orange juice to drink.

Pupils will follow visual and verbal instructions to prepare their piece of vegetable/fruit and then share it out with others so that each pupil has a salad bowl/fruit kebab for snack.

They will practise washing their hands and putting an apron on before preparing food, putting food waste in the bin and helping with washing and drying up.

Creativity - Art - Collage

This half term the children will explore collaging. The 3 activities will be:

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

Activity 2 - Make a negative collage (around the outside) of the weekly focus fruit or vegetable using material/tissue paper.

Activity 3 - Use a variety of materials to collage the weekly focus fruit or vegetable e.g. pipe cleaners, buttons, ribbon, natural materials and rubbish.

Creativity -Music - Bamboo Tamboo

All pupils will have a weekly session with Mark from the Hampshire Music Service. The session will focus on using the Bamboo Tamboo.

The World - Science - 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

PE - Athletics

This half term the focus is Athletics. The children will be focusing on jumping, throwing and moving at different paces through a rotation of activities.

Activity 1: Will be a jumping focus - jumping on and off, jumping a distance and jumping over

Activity 2: Running - running fast, jogging and running in and out of objects

Activity 3: Throwing objects with aim, throwing objects a long distance and throwing objects to a person during turn taking

Movement

Daily the pupils will also take part in a morning movement session to focus on gross movement activities, following simple instructions, balancing and Sherbourne movement.