

	Week 1 Healthy Bodies and Healthy Minds	Week 2 Growing and Changing	Week 3 Life on the Farm	Week 4 Life on the Farm	Week 5 Our Changing Environment
Learning Outcomes	Understand the importance of a healthy lifestyle by exploring healthy food choices, oral health, exercise, and rest. Develop physical coordination and strength through movement and exercise-based activities. Use descriptive language to talk about the benefits of healthy food, exercise, and looking after their teeth.	Develop an understanding of plant growth by exploring what seeds need. Use descriptive language to describe plants and soil. Observe eggs in an incubator and discuss warmth and care. Engage in hands-on exploration by planting seeds and exploring soil.	Understand and describe life cycle stages including chicks, frogs, and butterflies. Use sequencing skills to order life cycle stages. Observe chicks hatching and describe visible changes. Develop language skills when comparing life cycles.	Explore different farm animals and their roles by identifying sounds, names, and features. Understand how plants and animals grow on a farm. Develop awareness of where food comes from.	Explore seasonal changes by observing weather and natural patterns. Understand the relationship between plants and their environment. Ask questions about how nature responds to change.
Key Vocab Inc. 10 Books Tier 2	Healthy, exercise, strong, body, fruit, vegetables, teeth, dentist, clean, sleep Lair, squirm, chant *Superworm*	Grow, change, seed, plant, soil, roots, leaves, incubate, egg, warm, hatch Dainty, cunning, thieves *What the Ladybird Heard*	Egg, pip, hatch, chick, brooder, caterpillar, chrysalis, frogspawn, tadpole, transform Tiny, slice, cocoon *The Hungry Caterpillar*	Farm, farmer, crops, tractor, barn, milking, field, harvest, feed Cottage, enchanted, gobbled *Jack and the Beanstalk*	Weather, season, recycle, protect, environment, growth, wind, sun, rain Tugged, dashed, enormous *The Enormous Turnip*
Key Questions	What helps us stay healthy? How does exercise help our bodies? Why do we visit the dentist?	How do plants grow and change? What do seeds and eggs need to grow?	What are the stages in a life cycle? How do chicks hatch?	What jobs do farmers do? Where does our food come from?	How do seasons change our environment? How can we care for nature?
Activities	• Healthy Plate Collage • Exercise Circuit • Dentist Role-Play • Fruit & Vegetable Tasting • My Healthy Day Drawing	• Planting Seeds • Nature Exploration with magnifiers • Story Retelling: *What the Ladybird Heard* • Mark-Making: Plant diagrams • Egg Observation Station • Incubation Diary	• Life Cycle Sequencing Cards • Chick Hatching Observation • Chick Care Station • Chick Growth Timeline • Butterfly Symmetry Painting	• Farm Animal Sorting • Farmyard Sensory Tray • Farm Role-Play • Tractor Tracks Art	• Farm Trip Reflections • Nature Walk • Weather Chart • Recycling Sorting • Build a Mini Habitat
Enhancements	Healthy Eating Café Exercise Station Dentist Corner	Gardening Area Investigation Table Incubation Viewing Window	Life Cycle Display Butterfly/Frog/Chick Sensory Trays Brooder Box Observation Area	Small World Farm Setup Farm Shop Role-Play	Weather Station Recycling Area
ELG Links	PD: Coordination & balance PSED: Healthy choices UW: Exercise, rest, food	UW: Plant features & growth CL: Vocabulary for growth PSED: Care for living things (plants & eggs)	UW: Describe life cycles incl. chicks M: Sequence life cycles CL: Ask questions about change	UW: Differences between animals CL: Farm vocabulary EAD: Represent farm animals	UW: Seasonal changes CL: Descriptive weather vocabulary EAD: Artistic representations of nature
Small Steps	UW: Notice exercise effects PSED: Identify healthy foods PD: Try different movements	UW: Explore soil & seeds CL: Use words like grow/change UW: Observe eggs in incubator	UW: Observe small changes in chicks daily M: Use first/next/last CL: Retell chick life cycle	UW: Name farm animals & young CL: Use farm words EAD: Act out farm role-play	UW: Recognise patterns in nature CL: Use weather vocabulary EAD: Create transient art

Other Curriculum Areas:

Maths	Week 1	Week 2	Week 3	Week 4	Week 5
	See EYFS Maths Yearly Overview				

Forest School	Understand the effect of changing seasons on the natural world around them. Explore the natural world. Observe changes. Name and describe plants and animals. Describe and observe what they can see – draw pictures of the natural world.
PE	Get Set 4 P.E. Gymnastics: Unit 2 Develop body strength, co-ordination, balance and agility Progress towards a more fluent style of moving, with developing control and grace Combine different movements with ease and fluency
PSED	Mommy Mama and Me (No outsiders) - I know the people in my family are special / I can tell you who loves me – link with Mothers Day (extend to lots of different adults that love and care for us) -What makes a good friend? -Acts of kindness. -Looking after others. -Looking after our planet.