


Reception	Prime Areas	Reading and Phonics	Writing	Maths	Well-Being
<p>Week 1</p> <p>The Very Hungry Caterpillar/ Healthy Eating</p>	<p>Listen to the song, learn the words and join in. Tiny Caterpillar On A Leaf song</p> <p>Early Learning Goal: Children listen attentively in a range of situations. They respond to what they hear with relevant comments, questions or actions.</p> <p>Make your own hungry caterpillar using an egg carton, paints / felt tips and any other resources you have such as pipe cleaners / pom poms.</p>  <p>40-60 Months- Uses simple tools to effect changes to materials. Handles tools, objects, construction and malleable</p>	<p>Listen to the story of ‘The Very Hungry Caterpillar’ on this video. The Very Hungry Caterpillar story</p> <p>Early Learning Goal: Children listen attentively in a range of situations. They listen to stories, accurately anticipating key events and respond to what they hear with relevant comments, questions or actions.</p> <p>PHONICS Take part in the Phonics Session with Miss Wright- the 'or' sound.</p>	<p>The very hungry caterpillar likes lots of different foods. Draw a picture of the favourite foods you like to eat and label your drawings either by hearing and saying the first sound in the word or by sounding it out i.e. ‘j-a-m’.</p> <p>OR</p> <p>Challenge: Write a simple sentence about your favourite food. You could say why you enjoy eating it. i.e ‘I like to eat chips with ketchup’. Please encourage your child to use their phonics as independently as possible. You may see them write something like this: ‘I like to eet chips with kechup’.</p>	<p>Have a selection of fruit that the caterpillar eats in the story. (E.g. apple, pears, plums, strawberries, oranges). Your child could help you count out the correct amount for each day in the story.</p> <p>Practise addition skills by asking your child problem solving questions such as “how many pieces of fruit did the caterpillar eat on Monday AND Tuesday?” or “how many pieces of fruit did</p>	<p><u>Being My Best: Healthy Eating</u></p> <p>Start by talking: <i>Why do we eat food? (To stay alive, to grow, to be stronger, to get energy, to strengthen bones, when hungry, it tastes nice, when told to etc.) What foods do we eat? (Explore a range of different foods.) When do we get to choose what we eat? (e.g. with school dinners if there is a choice, sometimes at home we're asked to choose.) Why do we need to eat different kinds of foods? (They do different jobs inside our body.)</i></p> <p>Use the ‘eat well plate’ to generate a discussion about the different food groups. i.e ‘why is this section bigger?’ or ‘why is</p>

materials safely and with increasing control.

Early Learning Goal:
Children use their phonic knowledge to write words in ways which match their spoken sounds. They also write some tricky words. They write simple sentences which can be read by themselves and others.

he eat on Wednesday AND Thursday?” Use the fruit to add the two groups together and work out the answer. If more confident, your child could write the number sentence to match, e.g. $1+2=3$

Early Learning Goal:
Using quantities and objects, they add two single-digit numbers

this section not on the plate?’

You can talk about the different jobs of certain foods and what they do for our bodies, or why certain foods are ‘treat’ foods such as chocolate and sweets because they have lots of sugar.



<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

Early Learning Goal:
Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe.

