

This what I already know about:

Health food, importance of eating nutritious food to stay healthy. Sugar is not good for our teeth or tummy. Keeping fit and regular time outside is good for me. Reading and no screen time before bed is my favourite thing. Go for a walk, eat healthy food do exercise. I should eat healthy food every day like fruit, vegetables, milk. I like dance music. Names of countries, recognise flags, healthy food v's junk food.

To play the piano and trumpet - you use your fingers. Guitars have strings. You use a stick (bow) to play a violin. Sweets make plaque build-up on your teeth. Fruits and vegetables are healthy. A friend plays the tin whistle - an instrument. Eat lots of vegetables, you play the piano with your fingers. Fruit is good for you. Do lots of exercise. Running is exercise. To be healthy is to be strong. You need to eat healthy food, vegetables, and fruit. A guitar is an instrument. Dance. Interesting people - doctors, illustrators, and firemen. Eat 5 fruit and veg a day. Drink water, eat a good breakfast. Do exercise. Music - guitar, drum, piano, microphone, whistle, trumpet. People - firemen, policemen.

I would like to investigate and explore:

Basics of music, basics of notes, healthy goals, inspirational people. Exercising with mum. different types of music. Explore the songs - spirit of the blues and 3 lions on the shirt. What's inside my body? What do healthy and unhealthy foods do to our bodies? Explore different groups of musical instruments. Grow healthy fruit and veg in the garden. Play musical instruments. Explore healthy eating. Find out more about different animals in our world. Learn about fireman clothes.

I would like to meet someone related to our topic: professional instrument player (Ukulele or piano) inspirational people with healthy and mindful goals. My PE teacher. A famous singer. Family member who lives around the world. A musician. An exercise coach or a trainer. A tuba player, someone to play the piano. Meet a doctor.

The questions I would like to ask and explore in this topic are:

wellbeing methods to deal with moments of anger, discomfort. Who are the most interesting people? How my choices affect my wellbeing in the future. How to keep healthy every day. Do I need to drink water? What happens if I don't? How can people sing? Can you think when you are dead? Where is heaven? What foods are healthy? How do instruments make noise? What do interesting people do? How do people become interesting? What happens to the food in your tummy? How is a piano made? Different types of music, find out more about God and his disciples (friends). When you are sick - how do you get better. How much exercise do you need to keep fit? How many people can play the piano? How do people stay alive? Ask firemen about fire equipment.

I would like to role play: playing an instrument, cooking healthy meals, kids Yoga, dancing and practising different emotions depending on the music played. Fitness instructor. Music. Being healthy by being sporty. A pirate and a doctor. Playing different instruments that make different noises. Being healthy. Dancing, musical and gardening. Different interesting people - like a soldier. A fireman.

I would like to make related to our topic:

Music notes guide
Wellbeing methods, go for an explore and talk walk. Healthy smoothies. Something with Arabic music. Make up a song. Brains and bones. Prepare some healthy snacks. A musical instrument of my own. Make a fruit salad. Make our own drums with pots sticks and bang on the pots. Make a string telephone. A piano from a tissue box and elastic bands.

Reception: Spring Term Part 1

I wonder why?

Feed back from 13 planning sheets

I would like to share or bring in related to our topic:

share why I like to eat bright coloured food - broccoli, avocado, carrots. My little instruments. Skipping rope and weights. Some toys related to healthy food. Collection of flags. My ukulele, doctors kit. Bring in a healthy food chart. Fruit and vegetables. Book about my body/eating and exercise. Ocarina - instrument.

My other BIG ideas are:

mindfulness breathing techniques. Plant a tree to keep the world healthy. Healthy food gives you a strong body, good music is good for your brain. Sharing food from around the world. Plant some seeds and watch them grow. Dress up as fruit and veg. To go in a fire truck. Animals and wizards.