



Learning Overview and Home Learning Menu

Autumn Term 2024

Topic: Cynefin - Healthy me! What keeps me Healthy? What is in my fridge and where did it come from?

Learning Overview

<u>Language, Literacy and Communication</u>	<u>Mathematical Development</u>	<u>Science and Technology</u>
<p data-bbox="376 472 501 501">Literacy</p> <ul data-bbox="255 549 748 782" style="list-style-type: none">• Recount - everyday experiences• Traditional tales• Traditional rhymes• Letters and emails - to assist in the planning stages for our topic showcase <p data-bbox="389 874 492 903">Welsh:</p> <ul data-bbox="161 919 698 1273" style="list-style-type: none">• Baseline- to assess patterns• Yn y Goedwig (In the woods)• Y Goedwig a Traeth (The woods and beach)• Paratoi (Preparation)• Email• Siopa (Shopping)• Nadolig (Christmas)• 	<ul data-bbox="842 510 1249 705" style="list-style-type: none">• Place value• Addition & subtraction• Multiplication & Division• Mathematics• CLIC and Beat That tests.	<ul data-bbox="1523 510 2114 829" style="list-style-type: none">• Investigation focus: identifying & classifying (i.e Use a key)• The world around us is full of living things which depend on each other for survival.• I can recognise that what I do, and the things I use, can have an impact on my environment and on living things.

Our Topic

Cynefin - Healthy Me! What keeps me Healthy? What is in my fridge and where did it come from?

This term is all about exploring how to be healthy but specifically, a healthy diet and the benefits this brings us!



Vocabulary

At Derwendeg, we are focusing on developing the children's vocabulary. Developing children's speaking and listening skills are absolutely vital for their future chances with employers ranking verbal communication as the most important skill for employees. Please discuss the following vocabulary and meanings with your child at home.

Feel free to add your own words.

Higher level vocabulary (the children should be aiming to use as much of this as possible)	<ul style="list-style-type: none">• Avocado, vegetable, edamame beans, stomach, protein, carbohydrate, calcium, dairy,
Mid-level vocabulary	<ul style="list-style-type: none">• vitamins, fruit, healthy, fibre, broccoli, carrots, sugar
Low-level vocabulary	<ul style="list-style-type: none">• food, fork, salad, plate, meal, fat,

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(Look at local/community sources)

Activities can be completed in any order. Unless specified, all homework activities to be completed by December 16th

Complete these activities frequently:

- Reading
- Mathematics
- Beat That tests/CLIC tests
- Telling the time.
- Spellings

The activities below are to be completed over the course of the term:

<p>Create a food diary and track what you eat for one week. Discuss with an adult if you think you have eaten healthily.</p>	<p>Draw a healthy meal on a paper plate. Decorate or colour the meal so we can display it in class.</p>	<p>Design a lunch menu. It has been set as a 2do</p> 	<p>Identify 5 plants or trees on a country walk. Send us pictures on dojo.</p>
<p>Find conkers on a walk and play conkers with friends and family. Send us pictures on dojo.</p>	<p>Play the Bond bubbles game. It has been set as a 2do</p> 	<p>Make a warming winter soup and enjoy with family and friends. Send us pictures on dojo.</p>	<p>Learn how to take your pulse. Can you make your heart rate go above 100 beats per minute?</p>