

Us EYFS Medium Term Plan (Term 3) 'How do we stay healthy?'

Lead State of Being - Athlete

	Week 1 w/c 6 th January '25	Week 2 w/c 13 th January '25	Week 3 w/c 20 th January '25	Week 4 w/c 27 th January '25	Week 5 w/c 3 rd February '25	Week 6 w/c 10 th February '25	
Focus	New year Aspirations for the year	A healthy body – healthy eating/exercise	Health services – doctor	29 th Jan Chinese New Year (Snake) Health services – dentist/optician	Mental Health Week Emergency services – Police officer	Emergency services - Firefighter	
Key Question	How do I keep myself healthy?					How do I keep myself safe?	
Key vocabulary	New Year Resolution	Healthy Unhealthy Balanced diet Active Fit exercise Muscles vitamins	Doctor Stethoscope Paramedic Ambulance Operator Address Medication Bandage Injection	Nurse Teeth Gums Bacteria Sight Optician	Dentist Uniform Duty Crime Scene Emergency Safety Handcuffs Law	Police officer Firefighter Hose Hydrant Heat Smoke Flame	
Non-fiction (suggested links)	New Year celebration books	Leaflets/information texts on food types Hand washing posters Clothing catalogues Junk food advertisements Leaflets from doctor's/dentist surgery					'People who help us' information texts
Input/Adult-led activity (primarily Lead State of Being)	What did you do in the holidays? What does New year mean?/ Did you celebrate New Year? What do you want to get better at this year? (resolution)	What does healthy/unhealthy mean? Why is it important to eat healthy foods? Are you healthy? Why? What do you do to keep healthy? Can you sort these foods into healthy/unhealthy?	Who can we ask for help?/ Who helps you? How do doctors and nurses help us? What does a doctor/nurse wear/use?	Who can help us look after our teeth? How can we look after our teeth? (PowerPoint Twinkl healthy teeth) Brush your teeth song Who helps us look after our eyes? Why do some people wear glasses? What is a guide dog?	What number do you dial for the police? How can the police help us? Why do police officers wear a uniform? Would you like to be a police officer when you grow up? Why?	What does emergency mean? What do firefighters do? What equipment do they use? Why are fires dangerous? How do fires start? How can we keep safe?	
PDR activities	Author writer: New year cards/write our new year wishes/resolutions I want to get better at..... Mathematician: months of the year, name and order. When is your birthday?	Athlete: Joe Wickes videos/Cosmic kids yoga Scientist: Bubble baths to wash hands/babies/toys Mathematician: Sorting foods into healthy/unhealthy	Author writer: non-fiction books nurses and doctors/labelling equipment nurses and doctors use Scientist: potion/medicine making Author reader: Set up role play clinic doctors/nurses	Scientist: Use magnifying glass to look at/describe a variety of objects Engineer: make a tooth brush/glasses (junk modelling) Artist: painting with tooth brushes	Engineer: Build a police car/prison/police station (big bricks, lego, junk modelling) Mathematician: number hats/cars/parking spaces etc. Artist: fill in criminal's details – name badge	Artist: Fire art Mixing colours Collage Scientist: melting-tuff tray ice balloons Author writer: fire safety poster/emergency signs	

		Tally charts favourite foods to eat		Author writer: instructions how to brush your teeth		
Parental engagement opportunities	Key worker visits-paramedic, nurse, dentist, fire, police, hospital – baby ward?					