

## Us EYFS Medium Term Plan (Term 3) ‘How do we stay healthy?’

### Lead State of Being - Athlete

	Week 1 w/c 6 <sup>th</sup> January ‘25	Week 2 w/c 13 <sup>th</sup> January ‘25	Week 3 w/c 20 <sup>th</sup> January ‘25	Week 4 w/c 27 <sup>th</sup> January ‘25	Week 5 w/c 3 <sup>rd</sup> February ‘25	Week 6 w/c 10 <sup>th</sup> February ‘25	
<b>Focus</b>	New year Aspirations for the year	A healthy body – healthy eating/exercise	Health services – doctor	29 <sup>th</sup> Jan Chinese New Year (Snake)  Health services – dentist/optician	Mental Health Week  Emergency services – Police officer	Emergency services - Firefighter	
<b>Key Question</b>	How do I keep myself healthy?			How do I keep myself safe?			
<b>Key vocabulary</b>	New Year Resolution	Healthy Unhealthy Balanced diet Active Fit exercise Muscles vitamins	Doctor Nurse Stethoscope Paramedic Ambulance Operator Address Medication Bandage Injection	Dentist Teeth Gums Bacteria Sight Optician	Police officer Uniform Duty Crime Scene Emergency Safety Handcuffs Law	Firefighter Hose Hydrant Heat Smoke Flame	
<b>Non-fiction (suggested links)</b>	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		
<b>Input/Adult-led activity (primarily Lead State of Being)</b>	What did you 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?	
<b>PDR activities</b>	<b>Author writer:</b> New year cards/write our new year wishes/resolutions I want to get better at.....  <b>Mathematician:</b> months of the year, name and order. When is your birthday?	<b>Athlete:</b> Joe Wickes videos/Cosmic kids yoga  <b>Scientist:</b> Bubble baths to wash hands/babies/toys  <b>Mathematician:</b> Sorting foods into healthy/unhealthy	<b>Author writer:</b> non-fiction books nurses and doctors/labelling equipment nurses and doctors use <b>Scientist:</b> potion/medicine making <b>Author reader:</b> Set up role play clinic doctors/nurses	<b>Scientist:</b> Use magnifying glass to look at/describe a variety of objects  <b>Engineer:</b> make a tooth brush/glasses (junk modelling)  <b>Artist:</b> painting with tooth brushes	<b>Engineer:</b> Build a police car/prison/police station (big bricks, lego, junk modelling)  <b>Mathematician:</b> number hats/cars/parking spaces etc.  <b>Author writer:</b> fill in criminal’s details – name badge	<b>Artist:</b> Fire art Mixing colours Collage  <b>Scientist:</b> melting-tuff tray ice balloons  <b>Author writer:</b> fire safety poster/emergency signs	

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