Reception Long-Term Plan September 2021 Emily Matthews and Katie Manderville

Curriculum Area	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2				
	These are things that all children should be doing throughout the year, growing in skill and confidence									
	-Follows a consistent daily pattern for eating, toileting and sleeping, understanding why this is important.									
	-Enjoys a range of physical exercise activities and is beginning to understand why this is part of a healthy lifestyle.									
	-Can observe their breath, noticing that it increases during physical activity									
	-Can begin to say why handwashing is important for healthCan begin to say why healthy practises and routines are important, including tooth brushing, screen time and pedestrian safety Shows understanding of the need for safety when tackling new challenges and considers and manages some risksShows understanding of how to transport and store equipment safelyPractices some appropriate safety measures without direct supervision									
	-Can line up/wait safely in school.									
Health and Self-	-Be willing to try new food	- Be willing to try new	-Eats a variety of food- a	-Eats a variety of food- a	-Can talk about their	-Can talk about their				
Care	textures and tastes	food textures and tastes	balanced, healthy diet.	balanced, healthy diet.	healthy food choices.	healthy food choices.				
	Aut 1 Introduce to snack and	Aut 2 Try Diwali	Sp 1 Make and eat	-Usually dry and clean	Sum 1 Make a healthy	Sum 1 Making a picnic				
	<u>lunch times</u>	celebration food	Chinese noodles with a	during the day, able to	<u>sandwich</u>	for family at the end of				
	-Usually dry and clean during	-Usually dry and clean	range of vegetables;	independently choose	-Usually dry and clean	the year				
	the day with some reminders	during the day with	makes and eats healthy	when to go to the toilet.	during the day, able to	-Usually dry and clean				
	from familiar adults.	some reminders from	flapjack; Invite a dental	-Will remember to drink	independently choose	during the day, able to				
	-Will drink from their water	familiar adults.	nurse into school	from their water bottle	when to go to the toilet.	independently choose				
	bottle with reminder from	-Will remember to drink	-Usually dry and clean	when thirsty and will	-Will remember to drink	when to go to the toilet.				
	familiar adult.	from their water bottle	during the day, able to	ask for a drink if	from their water bottle	-Will remember to drink				
	-Will attempt to dress and	when thirsty and will	independently choose	needed.	when thirsty and will	from their water bottle				
	undress themselves, with an	ask for a drink if	when to go to the toilet.	-Will attempt to dress	ask for a drink if	when thirsty and will				
	adult supporting them.	needed.	-Will remember to drink	and undress	needed. Can begin to	ask for a drink if				
	Aut 1 putting on waterproof	-Will attempt to dress	from their water bottle	themselves, with an	talk about why drinking	needed. Can begin to				
	clothing and apron	and undress	when thirsty and will	adult supporting them.	water is part of a	talk about why drinking				
	-Are willing to wash their	themselves, with an	ask for a drink if	-Usually remember	healthy lifestyle.	water is part of a				
	hands thoroughly with adult	adult supporting them.	needed.	when to wash their	-Can do the majority of	healthy lifestyle.				
	reminder and support.	-Are willing to wash	-Will attempt to dress	hands and can do so	dress and undressing	-Can do the majority of				
		their hands thoroughly	and undress	independently.	themselves	dress and undressing				
		with adult reminder and	themselves, with an		independently.	themselves				
		support.	adult supporting them.		-Usually remember	independently.				
			Sp 1 Arctic and Chinese		when to wash their	-Usually remember				
			dressing up clothes		hands and can do so	when to wash their				
			-Usually remember		independently.	hands and can do so				
			when to wash their			independently.				
			hands and can do so							
			independently.							
I										