

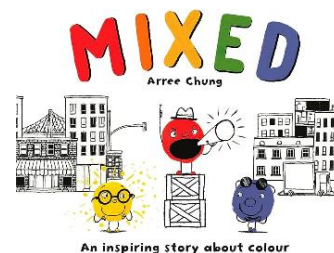
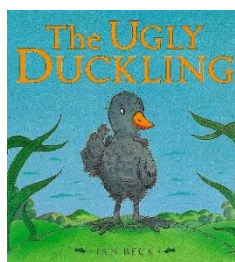
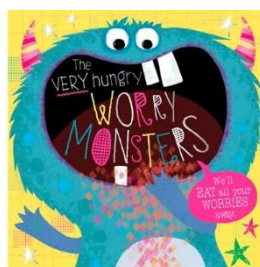
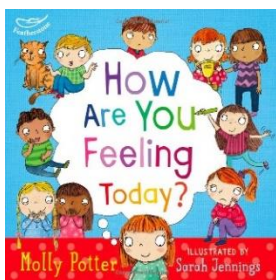
This half term we are going to be asking the question: **'How can I keep my mind and body healthy?'** with **PSHEC, DT** and **Science** will be the lead subjects. We will learn about the importance of looking after ourselves both physically and mentally.



As **writers**, we will be focussing on using full stops and capital letters accurately. We will also learn about the use of past tense to retell a familiar story. We will learn about adding the '-ed' suffix and the use of irregular verbs that don't fit this pattern. We will write creatively this half-term, using our imagination and understanding of new vocabulary to retell an innovated version of The Ugly Duckling. Children will also learn how to identify the differences between nouns and verbs. In addition, we will use our science learning to write explanations of how humans change and grow throughout their lives.

**Key vocabulary:** reeds, belonged, graceful, lonely, hid (and other past tense verbs), reflection, isolated, helpless, harmful bacteria, immune

As **readers**, we will learn new vocabulary linked to both our topic and our class book, **The Ugly Duckling**. In guided reading sessions, we will use a range of reading strategies to develop our reading fluency – focussing on phrasing and expression. We will also develop rocket retriever strategies to find information from the text. Our main text will be The Ugly Duckling by Ian Beck.



As **mathematicians**, we will learn to partition two-digit numbers using a range of resources to help us. We will develop our measuring skills and continue to add and subtract two-digit numbers using practical resources and recording our method using jottings. We will look at both 2D and 3D shapes in geometry, learning more about the properties of different shapes.

As **educated citizens**, we will be learning about how to keep ourselves healthy – physically and mentally. Full details can be found at the end of this newsletter. Our whole-school value this half-term is **Kindness**.



## Mental Health

- identify feelings that are good and not so good
- recognise that people feel differently about things and situations
- explain what can change their feelings (from good to not so good and from not so good to good)
- suggest things that can help them and others to feel better
- recognise that feelings can intensify (get stronger)
- describe how big feelings can affect their behaviour
- identify what can help them feel better when they have a big feeling (including calming down strategies, talking to trusted adults)
- use words or phrases to ask for help with feelings

- understand change and loss (including death) and to identify feelings associated with this
- recognise what helps people to feel better

### **Physical Health and Wellbeing**

- describe the importance for humans of exercise, eating the right amounts of different types of food and hygiene
- recognise the importance of knowing when to take a break from devices

### **Keeping our bodies safe**

- Know the difference between appropriate and inappropriate touch
- Understand that they have the right so say no to unwanted touch and other contact
- Understand that it is not always right to keep secrets if they relate to being safe
- Know what to do if we feel unsafe, when finding things difficult, or when things go wrong

### **Growing from young to old**

- Identify the key stages in the human lifecycle as people grow from young to old, including new opportunities and responsibilities
- Understand that all living things including humans start life as babies and that the creation of new life requires a male and female
- Identify the characteristics of healthy family life, including a commitment to each other, spending time together and sharing each other's lives
- Recognise how families support and care for each other, including protection and care and support each other in times of difficulty
- Recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed

### **Medicines, Bugs and Drugs**

- Understand that bacteria and viruses can affect health and the steps we can take to prevent them with everyday hygiene routines
- Know the names of commonly used medicines and understand how these are taken
- Understand medicines can contribute to health and how allergies can be managed
- Understand that some diseases can be prevented by vaccinations and immunisations
- Recognise which people can give us medicines

### **Healthy Eating**

- Identify which food and drink affect dental health and the importance of brushing teeth and visiting the dentist
- Describe the importance for humans of exercise, eating the right amounts of different types of food and hygiene

### **Friendships and Anti-Bullying**

- understand the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties
- recognise that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded
- know that sometimes anger builds up and that I can be overwhelmed by my feelings
- see things from someone's else's point of view and use this to make a conflict situation better

**Key vocabulary:** medicine, vaccine, inhaler, prescription, friendship, loyalty, trust, feelings, big feelings, understanding, family

As **scientists**, we will be learning about how humans grow and the different stages of the human life cycle. We will carry out observations to discover how humans grow and the changes we go through during our lives. We will discuss and explain the different ways that we rely on others throughout all stages of our lives. We will develop our understanding of our own bodies by learning how to maintain a healthy and balanced lifestyle; looking at the things humans need to survive. **Key vocabulary:** baby, toddler, child, teenager, adult, elderly, independence, dependence, growth, development, survival, health.



As **computer users**, we will be using the ipads to code. Using Espresso Coding, we will use different inputs (keyboard keys and screen buttons) to control objects. Throughout, we will use logical reasoning to predict outputs and to detect and correct errors in our programs (debugging).

As **theologists**, we will be learning about the different ways people express gratitude to others and how people show devotion to God. We will learn about Hindu beliefs and understand that there is believed to be one God who is expressed in many different forms. We will understand what the word 'devotion' means as we investigate and explore the Hindu deities. **Key Vocabulary:** devotion, deity, Brahman, Shiva, Vishnu, Brahma, Puja tray, shrine, rituals, Arti, Aum, qualities, valued, respect



As **sports people**, we will further develop the fundamental skills of throwing and catching, both underarm and overarm. We will continue to complete our 'daily run' every day as part of our P.E. learning, working on stamina as opposed to speed. We will also develop our understanding of how to play sports and exercise safely. **Key vocabulary:** overarm, accuracy, determination, speed, stamina, underarm, stability

**Home Reading:** Please remember that daily reading with an adult is really important. We monitor home reading every Friday with **at least four signatures** needed in your child's reading record.

Please continue to support child by going through the fluency grids and words sent home.

Thank you for your continued support. The Y2 Willow Team.

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