

Heather Garth Primary Academy

FS1 Programme of Study

2023-2024



Heather Garth
Primary Academy
Stars Aiming High

Communication and Language

In FS1 we focus on developing children's speaking and listening skills, building the foundations for future literacy and learning. We support the development of children's communication skills through regular circle times, our much-loved home school bears Heather Bear and Cheeky Monkey, small group work and lots of sharing of stories, songs and rhymes to build children's vocabulary alongside our Wellcomm programme, which is designed to support and enhance language development. We share a range of texts such as 'The Gingerbread Man', 'The Colour Monster' and 'We're Going on a Bear Hunt' to support children's language skills. These songs, rhymes and texts support lots of discussion, role-play/imaginative play opportunities where children can articulate their own thoughts, feelings and experiences linked to the books and songs. We develop children's listening skills to support their ability to follow instructions and understand key words and phrases used in learning such as positional words. Children are also encouraged to ask questions and develop a broad and rich vocabulary. We encourage children to become confident to recount key events in their own lives such as birthdays and special times with their family and to learn key skills like how to express themselves and make friends. We enjoy specific vocabulary sessions aimed to develop and embed new and technical vocabulary related to topics and interests. Children are supported in becoming more confident in communicating their own ideas in clear sentences and to be able to talk about a range of topics like the weather, families and their emotions.

Personal, Social and Emotional Development

In FS1 we support our children to develop the ability to be resilient, adventurous and independent. We encourage and support children to try new activities and keep going even if they find activities difficult and celebrate their successes. Regular circle times and our home school bears Heather and Cheeky Monkey support children to share their own thoughts and feelings, as well as learn about the importance of listening to others. We encourage children to be independent learners and focus on our 'Golden Rules' and our choose it, use it, put it away chant to promote social responsibility. We support children to develop understanding of rules and routines and why these can be important. We also do lots of activities focused around our feelings and developing our skills to understand how others might be feeling and how we can develop good friendships and be a good friend. We work on co-operative play and developing the ability to take turns including developing children's independence in self-care and in accessing and exploring the environment.

Physical Development

Our curriculum is underpinned with lots of opportunities to build children's physical skills. In FS1 we focus on developing both gross and fine motor skills. We use programmes such as Squiggle Whilst You Wiggle, Scribble Club and Dough Disco to support early writing skills. Children also access activities to develop core body strength and co-ordination through activities such as yoga, balancing and dance.

To support gross motor skills, children access activities such as 'Squiggle While You Wiggle', Busy Feet, obstacle courses, ride bikes/scooters alongside sports activities such as throwing and catching, bat and ball and parachute work to develop key skills ready for FS2.

Fine motor skills are very important for early writing and children are encouraged to use Dough Disco sessions and Scribble Club to develop their finger dexterity and isolation to support grip development and pencil control ready for writing.

Children are also supported to thread, sew, chop and cut with different implements, use scissors confidently and manipulate materials during art and craft activities.

Our focus on healthy living will include chopping fruit, again supporting fine motor development.

Children will have opportunities to try new foods to vary their experiences and learn about a healthy diet.

We also encourage children to be as independent as possible with physical skills such as putting on their own coat and shoes and encourage them to become independent in their self-care skills.

Reading

In FS1 at Heather Garth we teach a love of books and reading through a range of stories and a key focus texts. This text underpins our learning for a number of weeks e.g., we read the story, learn key vocabulary from the text and talk about key events. Children also gain skills such as joining in with repeated refrains, hearing sounds within words and talking about stories that they like and being able to explain why they like them.

Our key texts for the year include:

The Colour Monster
The Gingerbread Man
Cinderella
The Owl Babies
The Christmas Story
The Three Little Pigs
The Very Hungry Caterpillar
Handa's Surprise
We're Going on a Bear Hunt

Phonics is taught through the 'Little Wandle Letters and Sounds Foundation' programme – details can also be found on the website.

In FS1 our children will learn a range of Phase 1 phonics skills. Phase 1 phonics is the first stage of the phonics teaching programme. In FS1 focus is primarily on developing speaking and listening skills. Speaking and listening are an important set of literacy skills that will create the foundation to a lot of your children's further learning. Listening requires the fundamental skill of focusing attention on the speaker to be able to hear and understand what the speaker is saying. Speaking skills require students to take turns, speak confidently, stay on topic and speak with clarity.

Phase 1 phonics also lays the foundation for further Phase 2 stages.

Phase 1 phonics skills that are developed at this stage include:

Environmental sounds
Instrumental sounds
Body percussion (e.g. clapping and stamping)
Rhythm and rhyme
Alliteration
Voice sounds
Oral blending and segmenting (e.g. hearing that d-o-g makes 'dog')

Writing

In FS1 we build upon your child's gross motor and fine motor skills. For instance, we complete 'Squiggle While You Wiggle' which is a gross motor/movement programme linked to music which supports the development of muscles in the shoulders and arms linked to gross motor movements for writing. Children also participate in lots of dance/movement activities to support their development for writing. Dough Disco is used to develop fine motor skills, finger dexterity and isolation to support pencil grip and control ready for writing.

Children have daily access to a mark making/writing area to develop children's drawing/writing skills. A range of media is provided – felt tips, chalks, felt tips, pencil crayons, pens and pencils. Children are encouraged to mark make using clipboards and paper in a range of provision areas such as construction e.g. designing their own model/building before creating it. In our outside provision we encourage

From the Autumn term we teach pre-writing using 'Scribble Club'. This involves making marks or 'scribbles' to illustrate and tell a story and mark making for purpose.

A key focus for FS1 is the development of a comfortable grip for mark making which is key to early writing and the ability to form clockwise and anti-clockwise movements.

Mathematics

In FS1 our curriculum focuses on developing and exploring different mathematical concepts. Children are supported in verbal counting, 1 to 1 counting and to begin to understand the concepts of addition and subtraction through a range of games, activities, resources and number songs. Children have access to different types of provision and activities within the setting, i.e. sand, water, math's and construction that support the development of shape space and measures understanding, such as how long, short, heavy, or light something is.

We will also learn about and explore 2D and 3D shapes (for example – circles, rectangles, triangles, and cuboids) using informal and mathematical language: 'sides', 'corners', 'straight', 'flat',

Children are also supported in developing the ability to solve real life mathematical problems through different areas of provision with numbers up to 5 e.g. there are 2 cows in this field and 2 cows in this field, the whole number of cows is 4.

Children are also supported to subitize (to know the number of (a group of items) at a glance and without counting).

Children are also supported to begin to recognise numerals of personal significance and then wider calendar math's linked to the months of the year and days of the week.

Understanding of the World

In FS1 our curriculum allows children to learn about and appreciate a variety of cultures. We will explore Diwali, Chinese New Year, Christmas and Easter. Children will also have the opportunity to find out about Ramadan and other key festivals such as Harvest and Remembrance alongside our own Birthday and special celebrations.

We focus on the importance of keeping our own body healthy, eating a balanced diet and looking after our teeth. Hand washing and keeping clean is also a key focus.

In our FS1 curriculum we observe and learn about what plants need to grow and how they change as they grow. We find out about how to plant a range of vegetables and flowers and how to look after them. In addition, we enjoy tasting lots of delicious and unusual and different food during our baking sessions including some from our vegetable garden.

We look in detail at different lifecycles of animals including Frogs and Butterflies and we encourage children to share their increasing knowledge of the world around them.

We will take part in lots of walks in our school grounds and learn to observe seasonal changes; noting the falling and changing colour of leaves in Autumn, the need for a coat, scarf and gloves in Winter due to the temperature change and the growing of green leaves and flowers in Spring. In Summer, we will learn about the importance of sun cream, wearing a hat and drinking plenty of water to keep cool.

We support children to develop a sense of the past and to talk about some events in their family or recent history and we look at our community as it looks now and what it has looked like in the past.

Expressive Arts and Design

In FS1 we love all sorts of creative activities and we are keen to support children to express themselves through a range of different media including paint, printing, model building, and crafting. We also support the development of stories using small world toys and equipment, such as castles, superheroes and animals.

Children are encouraged to take part in a range of music sessions and to develop a growing understanding of how to create sounds using sound makers and instruments with increasing control. We talk about and practice the technical vocabulary of pitch, high and low and tempo, fast or slow and have gain a repertoire of songs and rhymes linked to our learning and topics.

Throughout the year children have varied opportunities to paint, draw, make models, construct, sing, dance and appreciate different types of music and dance and presenting shows on the stage.

Artists such as Vincent Van Gogh and Andy Goldsworthy will support our creative learning. We will make natural art using a range of materials such as sticks, stones, leaves and conkers. We will also draw and paint flowers linked to Van Gogh's 'Sunflowers' painting.

We develop children's skills at colour mixing and creating different shades of the colour to represent their ideas.

Enrichment Activities

Throughout the year, FS1 take part in a range of enrichment activities.

We have several stay and play sessions through out the year that parents are invited to and we will be hosting several mini sessions like stories and rhymes, story sacks and dough disco for you to come and enjoy.

Our educational visit is to Little Town of Play in the summer term where we will get to explore a range of roleplay settings including the fire station, theatre, vets and garage.

We also have visits from different key people including a farmer who will share photographs of his farm and tell us about his daily activities as a farmer.