

WATCH ME GROW

During this topic, children will learn about how we grow and change over time. We will talk about the different stages of growing up and important life events such as birthdays and starting school.

Children will explore how to look after their bodies by eating healthy food, exercising, resting and sleeping. We will also think about how our bodies change when we move and exercise.

We will talk about the past and present by looking at children's own lives and sharing experiences about their families and friends.

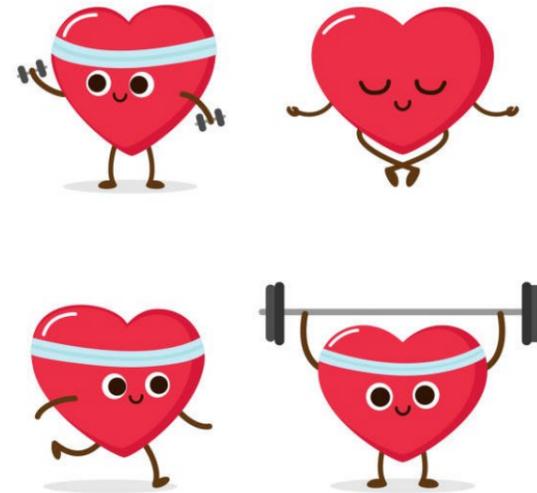
Through play and discussion, children will also explore light, dark and shadows, and learn how day and night affect our daily routines.

Key Vocabulary		
Everyday Words	Topic Words	Ambitious Words
food	grow / growth	pulse heartbeat
fruit	change	timeline
body	exercise	past
light	movement	present
dark	routine	light source
sleep	rest	reflect
day	healthy	ingredients
night	energy	active
	shadow	
	taste	
	texture	

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What foods keep us healthy?



Why is exercise important?



What happens to our shadow when we move?



What do our bodies need to grow?