

Physical Development

- Talk about how we can stay safe
- What are our rules for keeping ourself and other people around us safe?
- Superhero poses/movements
- Climbing to rescue things that need saving e.g. a teddy bear that stuck on the climbing frame!
- Create representations of emergency vehicles or other items that relate to people who help us or superheroes such as a fire truck or a tool box.
- Discuss about healthy habits and eating healthy.

Understanding the world

- Role play enhancements for a variety of people who help us and superheroes
- Visits or videos of people with different jobs; such as a tree surgeon or mountain rescue team.
- Practice what to say when you call – 999
- Talk about how to make healthy life choices such as eating healthy, exercise/ play etc..
- Talk about body parts

Maths

- Using role play telephones to call 999 or create a phone book of people who we live with and help us such as phone number of mum, dad, grandma, sibling or relative.
- Playing 'People who help us' jigsaw puzzles and games.
- Counting healthy food such as carrots, apples, onion.
- Playing matching games with shapes, food, picture cards of people-jobs.

Nursery – Spring Term
Our topic is

People who help us – Superheroes – Healthy me!



Expressive Arts and Design

- Use tools to create representations of emergency vehicles or other items that relate to people who help us
- Making masks to help children get in role of people who help us / superheroes
- Junk modelling healthy / unhealthy food

Personal, Social and Emotional Development.

- Talk about people who help them specifically
- Talk about the rules of the class and link this to the rules in society and how emergency services uphold this (British values)
- How can we help other people?
- How do we think the people in the emergency services feel? Talk about what it means to be brave.
- How to ask for help when in need.
- Talk about emotions and how to use
- 'zones of regulation' and self regulation strategies to help ourself for example breathing techniques, running, playing with playdough or reading a story.

Communication, Language and Literacy

- Sing songs and rhymes about people who help us and superheroes e.g. Five little firefighters.
- Use new vocabulary in context, providing hands on, real experiences
- Listen to stories about people who help us and superheroes
- Be able to talk about feelings and habits of people who help us by using words like caring, kind, loving, and considerate linking to Oasis Academy Habits.
- Be able to name and identify emergency services by people, their tools and vehicles.
- Learn to sign the key words of the topic in Makaton.