

Knowing Me, Knowing You



Glossary

Term	Definition
Same	Things that match.
Different	Things that are not the same.
Compare	What is the same? What is different?
Rules	Things that have to follow to keep us safe.
Consequence	What happens if you break a rule.
Curious	Wanting to know more about something.
Courageous	Has a go, even though it may not be right. Being brave.
Resilient	Staying positive, even when things are tricky.
Healthy	Being fit and active and eating properly.
Balanced Diet	A variety of foods to give our body what it needs.
Muscle	The parts of our body that helps us move.
Hydrate	Making sure our body has enough water.
Exercise	Physical activity that keeps your body healthy.



Key Texts:

- Owl Babies
- We're Going on a Bear Hunt
- The Jolly Postman
- Twas the Night Before Christmas
- Goodnight Moon
- Shhh

Powerful Knowledge

Class Rules and Expectations	<ul style="list-style-type: none"> • Good sitting and good listening • Responding to the register • Saying please and thank you • Being kind • Good sharing • Patience – using adults/children's name • Learning their carpet spaces • Being respectful of their classroom
School Rules/ Golden Rules	<p>At Green Ridge, we will:</p> <ul style="list-style-type: none"> • Use kind words and actions • Listen to one another • Try our best • Proud walking to the left of the corridor
Makaton	<ul style="list-style-type: none"> • Good morning, good afternoon • Please, thank you • Hello, goodbye • Happy, sad • Lunch colours – red, green, yellow, white • Boy, girl
House System	<ul style="list-style-type: none"> • Redgrave – named after Sir Steve Redgrave, who is an Olympic rower. • Austin – named after Herbert Austin, who invented the make of the car. • Disraeli – named after Benjamin Disraeli, who was a Prime Minister. • Pratchett – named after Terry Pratchett, who was a children's author.
Families	<ul style="list-style-type: none"> • Every family is unique – different family combinations • Where we come from • Living in different houses • It's okay to be different!

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Connectivity

Prior learning

- Baseline—assess what facts the children already know before starting the topic
- Planning—Based on moving the learning on from individual starting points

Current learning

- What makes me special and why?
- How am I feeling today? What zone am I in?
- What makes a family?
- Who are my family members?
- How do we celebrate in our family?
- How are our families different and the same?
- What is important to me and why?
- How can I get to know my classmates?
- What food do we eat at home?
- What does it mean to be healthy?
- What do our bodies need to be healthy?

Further Learning

- Year 1—Who Am I?
- Year 2—Healthy Me
- Year 3—Food and Our bodies
- Year 5—Let's Get Moving