


Kirby
Summer Term 1 2026
Going Outdoors (Farm)



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Being Healthy


This unit focuses on helping pupils understand what it means to live a healthy lifestyle. The activities are practical, discussion-based and designed to build independence and awareness.

 **Healthy Eating**

Pupils will:


- Sort foods into food groups (fruit & vegetables, protein, dairy, starchy foods, fats/sugars)
- Learn about the food pyramid and balanced meals
- Identify healthy and unhealthy foods
- Plan a healthy plate
- Review their own diet (meals, snacks and drinks)

The aim is to understand balance, portion sizes and making healthier choices.

 **Healthy Drinks**

Pupils will:

- Identify healthier drink options
- Understand that sugary drinks should be limited
- Discuss why water is important

 **Physical Activity**

Pupils will:

PSHE

This half term, pupils will be learning how to look after their bodies and minds. We will explore what helps us stay healthy, calm, and happy, both physically and emotionally.

 **Understanding Feelings & Mindfulness**

Pupils will:

- Learn to identify and name emotions
- Understand how feelings affect the body
- Practise calming strategies such as breathing exercises and muscle relaxation
- Begin building their own “calm plan”

We will use emotion cards, sensory tools, and simple breathing techniques to support regulation.

 **Healthy Eating & Exercise**

Pupils will:

- Learn how food gives us energy
- Identify healthy and less healthy choices
- Understand how exercise helps our mood and body
- Take part in movement activities


We will explore how healthy habits support wellbeing and daily energy levels.

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- Explore different types of exercise (e.g. swimming, football, gym, yoga)
- Discuss how exercise improves physical and mental health
- Record and reflect on activities they take part in

 **Personal Hygiene**


Pupils will:

- Identify key areas of the body that require hygiene
- Learn about hygiene products (toothpaste, deodorant, shampoo, soap, etc.)
- Understand the consequences of poor hygiene
- Select appropriate personal hygiene products

 **Healthy vs Unhealthy Choices**


Pupils will:

- Sort activities into “good for me” and “bad for me”
- Discuss smoking, alcohol and drugs awareness (age-appropriate discussions)
- Reflect on their own lifestyle habits
- Create a simple action plan to improve their health

 **Planning & Reflection**


Pupils will:

- Set healthy diet and exercise targets

 **Sleep & Routines**

Pupils will:

- Learn why sleep is important
- Identify healthy bedtime routines
- Understand how poor sleep affects mood and focus
- Create their own simple sleep routine plan

 **Stress & Regulation**

Pupils will:

- Recognise what stress feels like in the body
- Identify personal stress triggers
- Practise coping strategies
- Learn how to use a calm space appropriately

We will develop individual “wellbeing toolkits” to help manage big feelings.

 **Making Healthy Choices**

Pupils will:

- Understand safe and unsafe choices
- Learn simple decision-making steps (Stop → Think → Choose)
- Explore the consequences of choices
- Identify positive lifestyle habits

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<ul style="list-style-type: none"> • Create a Healthy Lifestyle Action Plan • Review progress and reflect on improvements <p>The focus is on building independence, self-awareness and personal responsibility.</p>	<p> Wellbeing Review</p> <p>Pupils will:</p> <ul style="list-style-type: none"> • Reflect on what they have learned • Create their own “Wellbeing Toolkit” • Practise empathy and understanding others’ feelings • Celebrate personal growth
<p style="text-align: center;">Maths</p> <p>This half term, pupils will develop their confidence in using whole numbers and making calculations, with a strong focus on applying maths to real-life situations.</p> <p> Key Areas of Learning</p> <p>Pupils will work on:</p> <ul style="list-style-type: none"> • Adding and subtracting (including 3-digit numbers) • Estimating and checking if answers are reasonable • Multiplication and division • Number bonds and subtraction facts • Rounding to the nearest 10, 100 and 1000 • Recognising and using mathematical symbols (+, -, ×, ÷, =) • Comparing and ordering numbers • Understanding patterns and sequences 	<p style="text-align: center;">English</p> <p>This half term, students will be developing their speaking, listening, reading, and writing skills through practical, real-life learning experiences. The focus is on building communication skills that help them manage everyday situations confidently and independently.</p> <p> Speaking & Listening</p> <p>Students will learn to:</p> <ul style="list-style-type: none"> • Take part in discussions and share their opinions • Ask and answer questions • Listen carefully and respond appropriately • Speak clearly in everyday situations <p>They will practise real-life scenarios such as:</p>

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 Becoming “Maths Detectives”

We begin with a **Maths Mystery Challenge**, where pupils estimate amounts (such as sweets in a jar) and discuss whether answers are sensible or exact.

Throughout the unit, pupils will learn:

- What an *estimate* is (a sensible guess)
- When estimating is helpful
- How to check if an answer makes sense
- How to explain their thinking clearly

 Multiplication & Division


Pupils will:

- Practise times tables (2, 3, 4, 5 and 10)
- Learn strategies such as doubling and repeated addition
- Use formal written methods (including column method)
- Understand division as sharing equally
- Begin estimating division answers

 Real-Life Maths

Maths learning will be linked to practical scenarios, including:


- Ordering food in a café
- Booking appointments
- Taking part in a job interview
- Listening to announcements

 Writing Skills

Students will develop their ability to:

- Write simple sentences accurately
- Use capital letters and full stops correctly
- Spell common words
- Write short pieces of information about themselves
- Communicate clearly in writing (e.g. notes, descriptions, messages)

Activities include writing surveys, personal information, short descriptions, and correcting punctuation and spelling.

 Reading Skills

Students will practise:

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- Sharing food
- Handling money and finding change
- Solving word problems
- Estimating totals (e.g. visitors, distances, shopping)
- Using maths in everyday contexts

- Reading everyday signs, labels, and instructions
- Understanding text messages and posters
- Following written instructions
- Identifying key information
- Using phonics and word patterns to decode unfamiliar words

Reading tasks will focus on practical, real-world examples such as café posters, invitations, announcements, and safety instructions.

Getting on with others

This half term, pupils will focus on developing the skills needed to work positively and cooperatively with others. The aim is to build confidence in communication, teamwork, and decision-making.

What We Will Be Learning

Pupils will learn how to:

- Recognise that others have different thoughts, feelings, and preferences
- Communicate ideas clearly
- Listen carefully and follow instructions
- Ask for, accept, and offer help appropriately
- Work as part of a team
- Make fair group decisions

Communication Skills

Enterprise

This half term, pupils will take part in a mini-enterprise project, where they will plan, organise, run, and evaluate their own small business idea. The focus is on developing teamwork, confidence, communication, and money management skills.

What We Will Be Learning

Pupils will learn how to:

- Develop and vote on a business idea
- Interpret survey results and bar charts
- Plan materials and calculate costs
- Create adverts and promotional posters
- Work as part of a team with assigned roles


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Through structured games and discussions, pupils will practise:

- Sharing opinions
- Asking and answering questions
- Using respectful language
- Taking turns in conversations
- Explaining their reasoning using words like *because*, *but*, and *so*

 **Teamwork & Cooperation**


Practical activities will include:

- Partner preference games
- Conversation challenges
- Instruction-building tasks
- Group tower-building challenges
- Planning a class celebration together

These activities help pupils develop compromise, fairness, and collaborative problem-solving skills.

- Deliver a mini-enterprise event
- Evaluate success, including profit and teamwork

Community

 **What we will be learning**


Pupils will:

- Learn how to identify and purchase ingredients from local shops
- Follow simple cooking instructions and prepare food safely
- Practise budgeting and using money
- Develop communication skills when ordering food and speaking to members of the public

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- Explore recreational community spaces
- Build confidence in public settings
- Develop teamwork and social skills


 **Community Visits**

Across the half term, pupils will:


- Visit local shops to buy ingredients and cook meals
- Visit Nowton Park and the café
- Visit Starbucks to order and purchase food/drinks
- Visit Gravity Trampoline Park to develop physical health and safety awareness

These visits help pupils practise independence, behaviour expectations, safety awareness, and communication in real-life settings.

Home Learning Ideas


 **Community & Independence**

- Help write a shopping list and find items in the shop.
- Practise using money and checking change.
- Encourage your child to order food or speak to a cashier.
- Visit a park or café and discuss appropriate behaviour.


 **PSHE – Healthy Me**

- Talk daily about feelings (“How are you feeling today?”).
- Practise calming strategies such as deep breathing.
- Create and follow a simple bedtime routine.
- Discuss healthy food choices and the importance of sleep.

Home Learning Ideas

 **English**

- Read signs, menus and labels when out.
- Write one simple sentence about the weekend.
- Encourage full sentence answers in conversation.
- Practise asking and answering questions.

 **Getting on with Others**

- Play board games to practise turn-taking.
- Encourage compromise when making family decisions.
- Role-play polite ways to ask for help.

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1 2 3 4 Maths

- Practise 2, 3, 4, 5 and 10 times tables.
- Estimate amounts at home (e.g. items in a jar).
- Measure ingredients when cooking.
- Share food equally to practise division.

Being Healthy

- Encourage healthy eating – Talk about food groups, plan balanced meals together and prepare simple healthy snacks.
- Promote healthy drinks – Encourage water and discuss limiting sugary drinks.
- Stay active – Go for walks, play active games or try simple exercises together.
- Practise good hygiene – Support daily routines such as brushing teeth, showering and using deodorant.
- Talk about healthy choices – Discuss positive habits, set small goals and talk about how sleep, food and exercise affect mood.

💡 Enterprise

- Discuss simple business ideas.
- Talk about cost and profit when shopping.
- Design a simple poster for a pretend product or event.