

Curriculum Framework for Reception



Early Years Foundation Stage ~ Curriculum Principles and Rationale for Reception

The curriculum in Reception is coherently planned to enable children to know more, understand more and do more. It builds on the children's early experiences and providing the building blocks of knowledge that the children will study in Key Stage One.

The teaching team prioritise getting to know the children well, taking into account their prior knowledge and experiences. This enables them to construct a curriculum that celebrates the children and their families, and their surrounding natural environment. The framework has some essential, core learning experiences, yet remains flexible and can be adapted according to the needs and interests of the children.

We have high expectations and ambition for all children and view them as curious learners. The curriculum design considers a balance of adult-led, adult-initiated and child-initiated learning.

New knowledge can be applied, understood and consolidated through play scenarios where adults interact to scaffold, support and be a collaborator.

Being a skilful communicator is a key focus in the Reception classes. Vocabulary is extended through sharing rich texts that encourage a love of reading and start the journey to children becoming confident, fluent readers.



The long-term plan below sets out the teaching	g and learning opportunities for Rece	ption children during 'adult-led' times of the day.
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Year		Autı	ımn	S	pring	Summer		
		Term 1	Term	Term	Term	Term	Term	
			2	1	2	1	2	
Overar	ching	Heroes in the	A Starry Night	Twisted Tales	Moving and Growing	Our Wonderful World	Journeys	
project and themes		Community						
Enhanced experiences		Sing and Sparkle perform Families sharing their ro Learn how to safely ligh Visit the school in the da	les in the community. t a fire and cook on it.			The Plastic Pirates take us on a voyage to care for the planet. Go on a local adventure exploring the local area. Perform some special songs in the class family assembly.		
Englis h text type	Fiction	Autumn texts: Love makes a Family – S How to Catch a Star - Ol Happy in our Skin - Fran Leaf Man – Lois Ehlert	iver Jeffers	Spring Texts: Jack and the Beanstalk The Three Little Pigs Billy Goat's Gruff Tap, Tap the Egg Cracked- Keith Faulkner Tadpoles Promise - Jeanne Willis		Summer Texts: The Coral Kingdom - Laura Knowles and Jennie Webber Sand Between my Toes — Caroline Cross Eco Girl - Ken Wilson-Max One World - Michael Foreman Journey — Aaron Becker		
	Poetry	The Sound Collector – R Wriggle and Roar – Julia Quack said the Billy Goa Love is Important – Jear	Donaldson t - Charles Causley					
Reading – Possible texts related to topic		All are Welcome – Alexandra Penfold, Suzanne Kaufman The Family Book – Todd Parr Mommy, Mama and Me – Leslea Newman		The Three Little Wolves and the Big Bad Pig – Eugene Trivizas Chapati Moon - Pippa Goodhart Non-fiction texts about lifecycles Blue Chameleon - Emily Gravette You Choose – Pippa Goodhart and Nik Sharratt		The Snail and the Whale – Julia Donaldson Lost and Found – Oliver Jeffers Hello Hello – Brendan Wenzel Red Rocket and Rainbow Jelly – Nick Sharratt The Last Tree – Emily Haworth Booth t Clean up! - Nathan Bryon and Dapo Adeola		

Literacy Reading	Through adult led and child led learning opportunities children:	Early Learning Goal	By the end of Reception
Comprehension		Children demonstrate	Children enjoy a range of non-
	Children explore a range of non-fiction and fiction books.	understanding of what has	fiction and fiction books.
		been read to them by retelling	Children learn new vocabulary
The Drawing Club	Children explore the book through a range of multi-sensory provocations within the provision.	stories and narratives using	from a range of books,
		their own words and recently	explaining the meaning of new
	The children explore new vocabulary from a range of texts.	introduced vocabulary.	words.
		Early Learning Goal	The children enjoy retelling
	The children have opportunities to re-tell stories through role-play and small-world play.	Children anticipate (where	stories in a range of forms.
		appropriate) key events in	The children enjoy learning new
		stories.	information from books.
	Children explore stories, cartoons and tales through 'The Drawing Club' daily.	Early Learning Goal	
		The children use and	
		understand recently	
		introduced vocabulary during	
		discussions about stories, non-	
		fiction, rhymes and poems and	
		during role play.	

Communicati	Developing communication and language underpins all learning in the early years.	Early Learning Goal	By the end of Reception
on and Language	Through adult led and child led learning opportunities children:	Children listen attentively and respond to what they	Children will enjoy sharing stories in small groups and
	Listen to stories with interest, joining in with repeated refrains of 'read a lot' stories and anticipating key events and phrases.	hear with relevant questions, comments and actions when being read to and during	whole class. The children will enjoy joining in with stories through anticipated
	Can follow one step, then two step instructions.	whole class discussions and small group interactions.	moments, props or performance.
	Ask why, who, what, where, when questions.		
	Use some range of tenses, some of which are accurate.	Children make comments about what they have heard and ask questions to clarify	The children will be keen to find out more knowledge through asking their friends
	Retell simple past events in correct order.	their understanding.	and adults a range of
	Can follow a story without props.	Children hold conversations when engaged in back-and-forth exchanges with their teachers and peers.	questions.

Listening,	Through adult led and child led learning opportunities children:	Early Learning Goal	By the end of Reception
Attention & Understandi	Can retell simple past events.	Children participate in small	Children will be able to recall
ng	Begin to understand how and why, use complex sentences including 'because and'.	group, class and one-to-one discussions, offering their own ideas, using recently	past events, explaining key information and begin to use a range of tenses in their
Speaking	Use a range of tenses.	introduced vocabulary.	explanations.
	Display two-channelled attention.	Children offer explanations	They will be able to answer
	Can respond to how and why questions.	for why things might happen, making use of recently	open ended questions, explaining their ideas.
	Express themselves effectively by sticking to the main theme or intention.	introduced vocabulary from stories, non-fiction, rhymes	
		and poems when appropriate.	
		Children express their ideas and feelings about their experiences using full sentences, including use of past, present and future tenses and making use of conjunctions, with modelling and support from their teacher.	

iteracy Reading	Read individual	Blend sounds into	Read some letter	Read a few common	Read simple phrases and	Early Learning Goal	By the end of
Word Reading	letters by saying	words, so that they	groups that each	exception words	sentences made up of	Children will say a sound	Reception
	the sounds for	can read short words	represent one sound	matched to our Little	words with known	for each letter in the	Children use their
	them.	made up of	and say sounds for	Wandle Phonics	letter–sound	alphabet and at	phonics knowledge to
Little Wandle	The children	known letter-	them.	scheme.	correspondences and,	least 10 digraphs.	read labels, their own
	learn four new	sound			where necessary, a few	Early Learning Goal	writing and signs around
	sounds a week	correspondences.			exception words.	Children will read words	the provision.
	through daily				Re-read these books to	consistent with their	Children enjoy
	Little Wandle				build up their confidence	phonic	reading their phonic
	lessons.				in	knowledge by sound-	book fluently to
					word reading, their	blending.	family at home.
					fluency and their	Early Learning Goal	
					understanding and	Children will read	
					enjoyment.	aloud simple	
						sentences and	
						books that are	
						consistent with	
						their phonic	
						knowledge,	
						including some	
						common exception	
						words.	

Writing	Children are	Children are	Children use phonic	Children write	Children are taught to	Early Learning Goal	By the end of
Willing	able to hear, say	taught to use	knowledge to write	recognisable letters,	use capital letters and		Reception
	and write the	Little Wandle	short sentences with	most of which are	full stops.	Children write	
Drawing Club	initial sound in a	phonics skills to	words with known	correctly formed.	· u otopo.	recognisable letters,	Children will be
Drawing clas	CVC word.	segment and say	letter-sound	correctly formed.	Children are taught	most of which are	able to
	eve word.	the sounds in a	correspondences	Children spell words	to read their writing	correctly formed.	communicate
		CVC word.	using a capital letter	by identifying sounds	back to themselves	correctly formed.	through mark-
		CVC Word.	and full stop.	in them and	to check it makes	Children spell words	making, using
		Children spell	and run stop.	representing the	sense.	by identifying sounds	sounds they have
		words by	For example, writing	sounds with a letter	sense.	in them and	learnt so far. They
		identifying the	a simple character or	or letters.	Children have the	representing the	will be beginning to
		sounds and then	scene description and	or letters.		sounds with a letter or	structure sentences
			a recipe for	Children write simple	opportunity to learn	letters.	
		writing the sound with	•	Children write simple	the spelling of tricky	letters.	which they can share with friends
			gingerbread.	phrases and	words.	Children	and adults.
		letter/s.		sentences that can be		Children write	and addits.
		Children and		read by others.		simple phrases and	
		Children are				sentences that can	
		given				be read by others.	
		opportunities to					
		write, for					
		example writing a					
		label, a fact about					
		a star and writing	Children have opportun	ities across the curriculum	to learn to write lahels s	imple captions and short,	phonetic sentences
		a Christmas list.		'Drawing Club' daily, writi			•

Mathematics ~	Children:	Children:	Children:	Children:	Children:	Early Learning Goals	By the end of
Numbers							Reception
Nullibers	Recite numbers	Accurately count	Count up to 10	Count reliably and	Count reliably and	Children have a deep	
	accurately to 5	fixed objects to 5	forwards and	creates groups of	represent numbers	understanding of	Children will have a
	demonstrating	and recognise	backwards including	numbers to 10 using	beyond 10 using a	numbers to 10,	good understanding
	'some' accuracy of	numerals to at least	from any given	a range of objects	range of	including the	of what a number is
	numbers to 10.	5 out of sequence.	number.	and are able to place	manipulatives.	composition of each	and will explore
				numerals to 10 in		number.	different ways of
	Count small groups	Recognise up to 3	Accurately count	order.	Create number lines		using number.
	of manipulatives	objects (without	fixed objects to 10		to support their	Children can subitise	
	correctly, using 1:1	counting) in a range	and recognise	Use a range of	calculations of	(recognise quantities	Children will be able
	correspondence,	of orientations and	numerals to 10 out of	objects to create 5 in	simple addition and	without counting) up	to subitise small
	whilst playing a	different sizes.	sequence.	different ways and	subtraction facts and	to 5.	numbers and begin
	variety of number			recognize up to 5	problem solving.		to learn number
	games.	In self- initiated play	Are able to recall	objects (without		Children can	facts.
	A - - + + -	begins to record	number bonds to 5	counting) in a range	Use manipulatives	automatically recall	The abildon was 111
	Are able to recite numbers forwards	numbers and mathematical	and knows some	of orientations.	to demonstrate	(without reference to	The children will
	and backwards from	thinking with own	number pairs to 10, including double		some number bonds within 10.	rhymes, counting or other aids) number	have opportunities to explore number
	5.	purpose.	facts.		WILLIIII 10.	bonds up to 5	inside and outside
	J.	purpose.	lacts.			(including	the classroom in a
	Count small groups	Understand the				subtraction facts)	range of meaningful
	of fixed objects with	relationship				and some number	contexts.
	accurate 1:1	between a				bonds to 10,	- CONTONION
	correspondence.	group of objects				including double	
	l	and the				facts.	
	Use graphic representations to	corresponding					
	record number	number.					
	explorations in						
	pictures and mark	Count reliably and					
	making.	creates groups of					
		numbers up to at					
		least 5 and can					
		place numerals to at					
		least 5 in order.					

Numbers ~	Children:	Children:	Children:	Children:	Children:	Early Learning Goals	By the end of
Numerical							Reception
Patterns	When combining	Identify groups of	Using resources,	Verbally count	Begin to count	Children verbally	
ratterns	materials, know how	objects that have	children can create	beyond 20.	reliably with	count beyond 20,	Children will explore
	to change an amount	more or less than	quantities which are		numbers from 10 to	recognising the	creating and
	(size, number) if	and the same.	greater than, less	Use resources to	20, they begin to	pattern of the	identifying a range
	something is added		than, the same as a	create parts of a	place them in order	counting system.	of patterns. They will
	or taken away.	In play scenarios,	given number and	whole, to partition	and can write	Compare quantities	begin to compare
		are able to make	may record these in	pairs of numbers up	numerals with some	up to 10 in different	quantities and
	Are able to	groups of objects of	pictures or	to 10, to distribute	accuracy.	contexts,	explore patterns
	anticipate which	the same quantity	numerals.	quantities equally		recognising when	within numbers to
	amount will be next	and begins to find		and represent	Are able to give	one quantity is	10 including odd and
	in the context of one	the totals by	Can use resources	double facts.	examples of	greater than, less	even numbers,
	more/one less	combining groups.	and say one more or		numbers which are	than or the same as	doubling and
	number		one less than a given	Will demonstrate	greater than/less	the other quantity.	sharing. The children
	songs/rhymes.	Use everyday	number and to	thinking through use	than for numbers		will have
		language to	create equal groups.	of verbal number	beyond 10.	Children explore and	opportunities to
	With a purpose in	recreate and		sentences / number		represent patterns	explore patterns
	mind, recognise and	describe patterns in	Create patterns by	stories and may	Verbally count to	within numbers up	beyond the
	select simple	nature or urban	lining, placing,	choose to record	30 and beyond.	to 10, including	classroom in
	geometric shapes in	environments.	building and	these.		evens and odds,	meaningful contexts.
	their construction		arranging.		Can talk about the	double facts and	
	and block play.	Use comparative		In everyday contexts	properties of	how quantities can	
		language to	Order three or more	children are able to	shape and	be distributed	
	Use everyday	describe and	measures (size,	demonstrate	patterns, using	equally.	
	vocabulary to	compare measures	weight and capacity)	through talk or	vocabulary to		
	describe and	(size, weight,	whilst playing, for	when responding to	describe position,		
	compare measures	capacity and time).	example with sand,	questions an	direction and		
	(size, weight,		water or in the mud	understanding of	movement.		
	capacity and time).		kitchen.	the number			
				sequence, values,	Estimate,		
				greater and less	measure, weigh,		
				than, odd and even.	and can compare		
				Use of measures	and order objects.		
				(size, weight and			
				capacity) when	Talk about		
				comparing	properties,		
				and combining quantities.	position and the		
				quantities.	sequence of time.		

Possible texts to develop and consolidate mathematical understanding:

One is a Snail, Ten is a Crab – April Pulley Sayre & Jeff Sayre & Randy Cecil

Counting Creatures – Julia Donaldson & Sharon King-Chai

Fruits: A Caribbean Counting Poem – Valerie Bloom and David Axtell

How Many Jellybeans? – Andrea Menotti and Yancey Labat

How Much Does a Ladybird Weigh? – Alison Limentani

Jasper's Beanstalk – Nick Butterworth and Mick Inkpen

How Many Legs – Kes Gray and Jim Field

Understanding the World & Expressive Arts and Design $^{\sim}$ across the year, meaningful learning is planned through the theme and topic as well as responding to spontaneous learning opportunities.

across th	e year, meaningful learning is planned	d through the theme and topic as well as	responding to spon	taneous learning opp	ortunities.
Understanding	Children:	Children:	Guided exploration:	Early Learning Goals	By the end of
the World ~ Science	Know the names of basic body parts. Use their five senses to explore. Observe changes in the local environment throughout the seasons. Name the four seasons and discuss weather features of each.	Observe, comment on and make recordings of a lifecycle which can be seen firsthand such as tadpoles in the school pond. Children know that some things can change, e.g. water into ice, chocolate can be melted. Children make predictions about what they think might happen. Children will be able to explain and describe these changes. Guided enquiry: through the topic and theme, children and adults investigate together to develop critical thinking.	Children plant and grow a seed, observing and recording the changes over time. Children know how plants grow from seed, that plants need water, soil and sun to grow.	Children explore the natural world around them, making observations and drawing pictures of animals and plants. Children know some similarities and differences between the natural world around them and contrasting environments, drawing on their experiences and what has been read in class. Children understand some important processes and changes in the natural world around them, including the	Reception Children explore the world around them using a range of different senses. They can describe what they notice and name different parts of their body.
		adults investigate together to develop		processes and changes in the natural world around	

Understanding	Children are encouraged to think about how they themselves have grown and changed in their own personal	Early Learning Goals	By the end of
the world ~	timeline.		Reception
History		Children talk about the lives	
•	Children create a timeline from 0 – 4/5 years old.	of the people around them	Children use their ow
Past and Present		and their roles in society.	experiences and
	Children are encouraged to think ahead to the immediate future and what they may choose to do when they		environment to begin
	are older.	Children know some	to identify and
		similarities and differences	describe events,
	Children are able to talk with increasing awareness about the similarities of themselves and other families,	between things in the past	people and objects
	their roles and routines. and are beginning to develop an awareness of some of the differences between	and now, drawing on their	from the past and
	these.	experiences and what has	present. They use
		been read in class.	simple historical
	Children share information about their lives they may share about their achievements, holiday events, family,		language.
	religion or interests.	Children understand the past	
		through settings, characters	
	Children are encouraged to think about similarities between themselves and their peers.	and events encountered in	
		books read in class and	
	Children are encouraged to think about history around us in our immediate environment (for example our	storytelling.	
	school building, transport, technology) developing an understanding that lives were different in the past.		

Understanding the World ~	Children can talk about the features of their own immediate environment including their home. Where do they live? How do they get to school?	Early Learning Goal	By the end of Reception
Geography	Go on a local walk around Stoke Hill.	Children know some similarities and differences between the natural world	Children will be able to
	Create a simple map of the school.	around them and contrasting environments, drawing on	use key vocabulary to name and discuss important places
	Through the use of a variety of books, and the children's own experience, the children are encouraged to look at similarities and differences.	their experiences and what has been read in class.	within their environment, such as 'home', 'school', 'park
	Observe the changes across the four seasons. Observe and describe weather associated with the seasons. Compare weather from different places.	Children understand some important processes and changes in the natural world around them, including the seasons and changing states of matter.	places of worship, etc
		Children explain some similarities and differences between life in this country and life in other countries, drawing on knowledge from stories, non-fiction texts and,	

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Technology

e Children can use the IWB independently to create a picture.

Children are able to programme a Bee Bot to follow a simple two step and then five step command.

Children are able to observe timers being used, for example during an obstacle course race.

Children are taught to use the iPad to take photos of their interests and immediate environment.

Children learn how to use the tools and work on the tool bench.

Early Learning Goals

when appropriate, maps.

Children recognise that a range of technology can be used for home and school.

Children can select and use technology for purpose Interact with age-appropriate programmes.

By the end of Reception...

Children will be able to name a range of devices they use at home and school, and how they can use them with purpose. They will be able to explain how to use devices safely.

Understanding the
world ~ People and
communities

Children experience a range of celebrations from different religions.

Children discuss similarities and differences between different religions.

Children talk about important celebrations they celebrate with their families.

Children talk about important places to them.

In addition, listening to a broad selection of stories, non-fiction, rhymes and poems will foster their understanding of our culturally, socially, technologically and ecologically diverse world.

Early Learning Goals

Children know some similarities and differences between different religious and cultural communities in this country, drawing on their experiences and what has been read in class

By the end of Reception...

Children can explain key celebrations they celebrate with their families and why they are important to them.

Children can share important places and why they are special to them.

Children respect similarities and differences.

Design ~ Art

Expressive Arts and Children will have the opportunity to study an artist and learn about their style of work and use the tool bench throughout the year.

Create closed shapes with continuous lines and begin to use these shapes to represent objects.

Draw with increasing complexity and detail, such as representing a face with a circle and including details.

Use drawing to represent ideas like movement or loud noises.

Show different emotions in their drawings and paintings, like happiness, sadness, fear, etc.

Explore colour and colour mixing.

Listen with increased attention to sounds.

Respond to what they have heard, expressing their thoughts and feelings.

Explore, use and refine a variety of artistic effects to express their ideas and feelings.

Return to and build on their previous learning, refining ideas and developing their ability to represent them.

Create collaboratively, sharing ideas, resources and skills.

Early Learning Goals

Children safely use and explore a variety of materials, tools and techniques, experimenting with colour. design, texture, form, and function.

Children share their creations. explaining the process they have used.

Children make use of props and materials when role playing characters in narratives and stories.

By the end of Reception...

Children can use and mix a range of media to express themselves in a chosen form.

The children can explain their ideas and the process they have used.

The children can explore the techniques of various artist including local artists.

Expressive Arts an	children have opportunities to sing, play to and perform songs, developing their feelings of pulse and rhythm.	Early Learning Goals	By the end of
	Through these experiences, children develop not only their musical ear but also their listening and attention skills.	Children invent, adapt and recount narratives and stories with peers and their teacher.	Reception Children to listen attentively, move to and talk about music,
	Children use body percussion and untuned instruments such as claves and maracas to explore simple rhythm, pitch and beats.	Children sing a range of well- known nursery rhymes and songs.	expressing their feelings and responses.
	Children explore the emotion of the beat of music as they freely move to music.		•
	Children learn about an orchestra, the conductor and the musicians.	Children perform songs, rhymes, poems and stories with others, and – when	Children to create and experiment with making their own
	The Charanga scheme is taught in all classes.	appropriate try to move in time with music.	music using their voices, instruments or everyday objects.
			Children to have learr a song, poem and
			nursery rhyme.

Personal, Social and Emotional Development ~ Jigsaw, No Outsiders Self Regulation Managing Self Building Relationships	Children are taught emotional vocabulary for feelings. Rights and responsibilities.	Children are able to talk about themselves, their talents and strengths Children are able to talk about expectations which keep us safe and happy.	Children are supported and encouraged to work hard, have a positive attitude, set goals and be motivated.	Children think about their bodies, being healthy and exercising as well as the importance of sleep.	Focus on transition Thinking, talking about and preparing for Year One including opportunities for prosocial activities which support me making a relationship with my new teacher(s). Children talk about respecting their bodies, growing up and fun and fears.	Early Learning Goals Children show an understanding of their own feelings and those of others and begin to regulate their behaviour accordingly. Children set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate.	By the end of Reception With the support of Jigsaw, Zone of Regulation and quiet spaces in the classroom, the children can recognise their own feeling and have their own toolkit to help regulate their emotions. The children feel confident and safe to try new activities and
						ability to follow instructions involving several ideas or actions. Children are confident to try new activities and show independence, resilience and perseverance in the face of challenge. Children explain the reasons for rules, know right from wrong.	listen attentively to others.

						Children work and play cooperatively and take turns with others. Children form positive attachments to adults and friendships with peers; show sensitivity to their own and to others' needs.
Jigsaw	Being me in my world	Celebrating difference	Dreams and goals	Healthy me	Relationships	Changing Me
	Children have a short relaxation session at the end of each lunch time. During this time children learn skills to develop their regulation strategies including breathing to calm and settle.					

Physical Development	Fine Motor Development – we support the children to develop their fine motor skills through a range of	Early Learning	By the end of
	independent and directed activities such as threading, manipulating the play dough, using the tools and tweezers	Goals	Reception
Gross and fine motor	and building with the Lego. We focus on hand dominance, crossing the midline and developing the tripod pencil		
skills	grasp. Scissor skill development goes hand in hand with fine motor development – approaches to supporting this	Children negotiate	Children confidently
	are incorporated into continuous provision, through the topic and adult led learning such as crumpling, ripping,	space and obstacles	use one handed
Balance	snipping and then cutting.	safely, with	tools and mark-
		consideration for	making tools with
Agility	Gross Motor Development – engaging in gross motor activity supports fine motor development by facilitating	themselves and	control.
	children's ability to manage their bodies through space and increasing trunk control. Planned learning includes	others.	
Strength	outdoor play, running, jumping, bike riding, ball play and dancing.		Children collaborate
		Children	in team games like
Being independent		demonstrate	'duck duck goose'.
	Throughout the year, linked to the PE planning framework, needs of the children and links to the relevant theme	strength, balance	
Looking after	and topic:	and coordination	Children can name
		when playing.	some of the ways
ourselves	Children explore various large movements from the shoulder using scarves which develop the key movements		they keep their
	for writing – clockwise circles, anti-clockwise circles, up and down.	Children move	bodies healthy.
		energetically, such	
	Children have opportunities to collaborate in creating large pictures on rolls of paper on the floor, propping	as running,	The children enjoy
	themselves upon their elbows in a tummy time position.	jumping, dancing,	moving their bodies
		hopping, skipping	in various ways.
	Children are taught to use one handed tools and equipment with safety. E.g. walking whilst holding scissors using	and climbing.	
	the scissors in a grasped hand way.		
		Children can	
	Children are taught simple skills through a multi skills format – running, travelling with confidence and skill	talk about ways	
	around, under, over and jumping through balancing and climbing equipment.	to keep healthy	
		and safe	
	Children are growing in independence in their ability to change for PE, understanding why this is a healthy habit.		
	Can distinguish between healthy and unhealthy lifestyle choices and give an explanation.	Children can dress	
		and toilet	
	Children are able to talk about habits which keep them healthy - exercise, eating, sleeping, relaxation and hygiene	independently	
	(including dental hygiene).		
	Opportunities for mindfulness and yoga teach children the benefits of slow movement, breathing and relaxation.		
	Children talk about the effect physical activity has on their body including their heart rate and breathing.		

Exciting Learning Experiences in Reception



