

My Body & My Health

Zen Den Medium term planning for Autumn 1a 2026

Pathway:		Pre-formal Engagement
Cognition, Learning and Engagement	Communication and Interaction	Personal and Social Development
- Daily sensory stories - Attention Autism sessions - Tuff tray and 1:1 workstation activities linked to our bodies, senses and food	- Experiment making and copying a range of sounds. Look at the shape of our mouths in the mirror while making different sounds. Can I poke my tongue out and blow a raspberry? - Responding to our name or photograph - Beginning to respond to the names of other people - Pointing to body parts or facial features on self or on others - Using transitioning objects to develop symbol use.	- Songs to learn about our bodies - Look at yourself in a mirror. Change your appearance with a hat, wig or glasses and look in the mirror again - Interacting with others indoors and outdoors - Messy play including food
My World Around Me		My Physical World PE/Gross and Fine Motor
- Successfully transitioning to home and school (support parents where there are any issues). - Seeking or withstanding a range of sensory experiences e.g. touchable bubbles, messy play with food, Tac Pac, sensory room, vibrating massage toys.		- Sensory circuit - Climbing equipment - Fine motor skills activities - Large ball skills; use hands to roll and pat a large ball and feet to kick - Rolling balls in paint to make tracks, or rolling balls covered in paint along paper
My Independence Self-help/Life Skills	My Creativity Music/Art/Drama	Enhanced Curriculum Trips/Visits/Experiences
- Increasing our independence with everyday school self-help tasks whenever possible e.g taking coat off peg, - Beginning to use communication boards - Making choices during snack time - Playing with and trying new, healthy foods - Washing hands and dolls - Transitioning around the school with increasing independence supported by visuals	- Handprints and footprints with paint - Sensory painting - Decorating a mirror - Vocalising in different ways - Experimenting with instruments - Songs about our bodies, senses and food	- Visit the school kitchen to see where our lunch is made and meet the cooks. - Weekly Library visits - Picnic and play (further details to be shared)

Pathway		Semi-formal Explorer
Cognition and Learning Early Development • Daily reading sessions linked to our senses, our body, food and keeping healthy • Learning our main body parts • Learning our facial features e.g. nose and eyes • Matching tasks linked to books about our bodies • Attention Autism sessions • Early Maths skills	Communication and Interaction • Use of communication aids including core boards, choice boards, visuals ECT • Communication interventions including 1:1 sessions focusing upon NELFT targets, Lego Therapy and following instructions	Personal and Social Development • Trying new foods • Sharing games with buddies • Exploring new healthy food choices
My World Around Me • Learning our body parts such as head arms, hands, legs, feet. • Label body parts • Learn that we have organs inside our bodies • Learn about our senses		My Physical World PE/Gross and Fine Motor • Making playdough food • Selecting exercises to complete • Threading using dry pasta and spaghetti • Cutting with a knife and fork • Using a spoon to scoop small vegetables such as peas and sweetcorn • Sensory Circuit
My Independence Self-help/Life Skills • Hygiene sessions each week including brushing teeth, wiping our bottoms and washing our hands • Sequencing how to complete basic life skills • Creating and trying healthy food • Opportunities to complete jobs within the school setting	My Creativity Music/Art/Drama • Using a range of instruments • Learning songs about 'us' • Looking at the work of portrait and self-portrait artists and creating artwork in their style or medium • Taking and manipulating photos of ourselves	Enhanced Curriculum Trips/Visits/Experiences • Visit the school kitchen to see where our lunch is made and meet the cooks. • Weekly Library visits • Picnic and play (further details to be shared)

Pathway		Formal/Semi-formal Challenger
English	Maths	Personal and Social Development
• Reading a range of texts linked to bodies, health and fitness • Using Colourful Semantics to create sentences about our bodies and health • Using adjective to describe different tastes and textures • Literacy-based interventions including Lexia and LAUREL depending upon EHC targets	• Numbers within 10 • Shapes and patterns • Maths-based games including TTRS	• Taking turns playing games with buddies • Taking turns when exercising or competing • Understanding our bodies are not all the same
My World Around Me Science and Humanities		My Physical World PE/Gross and Fine Motor
• Labelling my body parts • Labelling sensory organs and stating their functions • Learning about internal organs including the heart and lungs • Observing the characteristics of myself and others • Tracking changes in our body such as our heartbeat • Learning about healthy food		• Daily sensory circuit • Fine motor skills sessions • Cutting with a knife and fork • Movement breaks and mini circuit incorporated into daily timetable
My Independence Life Skills	My Creativity Music/Art/Drama	Enhanced Curriculum Trips/Visits/Experiences
• Hygiene sessions each week including brushing teeth, wiping our bottoms and washing our hands • Sequencing how to complete basic life skills • Opportunities to try new healthy foods and new activities	• Using a range of instruments • Learning songs about 'us' • Looking at the work of portrait and self-portrait artists and creating artwork in their style or medium • Taking and manipulating photos of ourselves	• Visit the school kitchen to see where our lunch is made and meet the cooks • Weekly Library visits • Picnic and play (further details to be shared)