

My body & My health inc Food

4 Seasons ARP Medium term planning for Autumn 1a 2024

Pathway:		Pre-formal Engagement
Cognition, Learning and Engagement	Communication and Interaction	Personal and Social Development
- Daily sensory stories. - Daily Attention Autism session. - Tuff tray and 1:1 tasks linked to our bodies, health, senses and food. - Number songs with props relating to the topic. 1:1 correspondence. - Recognising 'one' and 'lots'. - Daily 'I see' book, using colourful semantics. - Phonics, developing awareness of environmental sounds.	- Following a one-part instruction. - Use symbols or simple words to make requests using a simple AAC board. - Using a choice board. - Following simple transitions with greater independence - going to the garden/classroom - Communicate through reactions or social expressions to show likes or dislikes. - Try and find the requested item with verbal prompting.	- Look at yourself in a mirror. - Choose regulatory items and resources. - Listening to/joining in singing songs. - TACPAC. - Spend time together in outdoor areas. - Exploration, using our senses. - With adult support, put resources back into a container. - Start to tolerate graduated, differing sensory experiences.
My World Around Me		My Physical World PE/Gross and Fine Motor
- Acknowledge our body parts. - Learn about our senses and relate them to our bodies. - Develop an understanding of seasonal changes in the environment.		- Following actions during songs. - Messy play mark making. - Puzzles. - Fine motor tasks. - Swing, Trampoline and Trim trail. - Sensory equipment. - Rolling balls in paint in trays.
My Independence Self-help/Life Skills/Cooking	My Creativity Music/Art/Drama	Enhanced Curriculum Trips/Visits/Experiences
- Brushing teeth. - Making choices during snack time. - Playing with and trying new, healthy foods. - Washing hands and dolls.	- Sensory painting. - Explore using different tools in the style of an artist. - Vocalising in different ways. - Experimenting with instruments. - Songs about our bodies, senses and food.	- Picnic and play. - Cooking with buddies. - Reading Hub visit.
Songs and texts we are using during this Topic		
Title	Link	Notes
Heads, Shoulders Knees and Toes	https://www.youtube.com/watch?v=RugvGiZi0gg	
My Five Senses	Aliki	As a sensory story
Senses (My Body, Your Body)	John Wood	As a sensory story
Oliver's Vegetables	Vivian French	As a sensory story

Pathway		Semi-formal Explorer
Cognition and Learning Early Development	Communication and Interaction	Personal and Social Development
- Daily sensory stories. - Daily Attention Autism session. - Tuff tray and 1:1 tasks linked to our bodies, health, senses and food. - Number songs with props relating to the topic. 1:1 correspondence. - Matching a quantity to a numeral. - Daily 'I see' book, using colourful semantics. - Phonics, developing awareness of environmental sounds.	- Requesting using a symbol. - Following a one-part instruction - Use symbols or simple words to make requests using a simple AAC board. - Using a choice board. - Following simple transitions with greater independence - going to the garden/classroom - Communicate through reactions or social expressions if you like or do not like the smell or taste of fruits and vegetables. - Try and find the requested item with verbal prompting.	- Look at yourself in a mirror. - Choose regulatory items and resources. - Listening to/joining in singing songs. - TACPAC. - Spend time together in outdoor areas. - Exploration, using our senses. - Put resources back into a container. - Start to tolerate graduated, differing sensory experiences.
My World Around Me		My Physical World PE/Gross and Fine Motor
- Acknowledge our body parts. - Learn about our senses and relate them to our bodies. - Develop an understanding of seasonal changes in the environment.		- Following actions during songs. - Manipulating Play-Doh. - Puzzles. - Fine motor tasks. - Swing, Trampoline and Trim trail. - Sensory equipment. - Rolling balls in paint, in trays.
My Independence Self-help/Life Skills/Cooking	My Creativity Music/Art/Drama	Enhanced Curriculum Trips/Visits/Experiences
- Hygiene sessions each week including brushing teeth and washing our hands. - Sequencing a two-part routine, to complete basic life skills. - Playing with and trying new, healthy foods.	- Sensory painting. - Explore using different tools in the style of an artist. - Vocalising in different ways. - Experimenting with instruments. - Songs about our bodies, senses and food.	- Picnic and play - Cooking with buddies - Reading Hub visit
Songs and texts we are using during this Topic		
Title	Link/Author	Notes
Heads, Shoulders Knees and Toes	https://www.youtube.com/watch?v=RuqyGiZi0qg	
My Five Senses	Aliki	As a Sensory Story
Senses (My Body, Your Body)	John Wood	As a Sensory Story
Oliver's Vegetables	Vivian French	As a Sensory Story

Pathway		Formal/Semi-formal Challenger
English	Maths	Personal and Social Development
• Reading a range of texts linked to bodies, health and food. • Use Colourful Semantics to generate sentences about our bodies and health. • Use known spellings to write words. • Phase 2 & 3 phonics. • Predict what a story is about. • Retell part of a familiar story.	• Greater than fewer than 1 and 10. • Sequencing numbers form 50 – 100. • Combination of coins to make an amount. • Finding change.	• Daily Zones of Regulation check ins. • Turn taking activities. • Attending assemblies and lessons with mainstream classes. • Choosing regulatory items. • Consider how different parts of our body feel. • Consider when we may feel fearful.
My World Around Me Science and Humanities		My Physical World PE/Gross and Fine Motor
• Label body parts and their associated senses. • Know what healthy food is and choose options that are good for us. • To know the different food groups and try food from each one. • To understand the importance of exercise.		• Daily movement breaks. • Fine motor skills sessions. • PE with mainstream classes. • Trim Trail.
My Independence Life Skills	My Creativity Music/Art/Drama	Enhanced Curriculum Trips/Visits/Experiences
• Making healthy snacks. • Washing our hands and taking care of our personal hygiene. • Make toast and butter. • Creating and trying healthy food.	• Using a range of instruments. • Charanga music scheme. • Using different media to create a self-portrait.	• Picnic and play. • Cooking with buddies. • Reading Hub visit.
Texts we are using during this Topic		
Title	Link/Author	Notes
My Body is Awesome	Sigrun Danielsdottir	
My Body	Angela Royston & Sally Hewitt	
Senses (My Body, Your Body)	John Wood	
Oliver's Vegetables	Vivian French	