



Curriculum Overview for KS 3 PMLD group- Year 1 Summer Term- Healthy Living

<p style="text-align: center;"><u>Communication</u></p> <p><i>Objective: To develop personal means of communication to express themselves and interact with others.</i></p> <p>On-going development of responding, interacting and personal means of communication e.g. on body signing, objects of reference, TOBIs, gesture, facial expression, switches to make needs and choices known, write dance and mark-making</p>	<p style="text-align: center;"><u>Citizenship</u></p> <p><i>Objective: To develop personal and social skills in readiness to be a meaningful member of the community.</i></p> <p>Visiting community venues for swimming/ ice skating/ sports competition/ park Visiting supermarket/ Coventry market to observe and buy interesting fruits and veg Foods of different communities/ ethnicities/ traditions/seasons. Role play visiting hospital/ doctor/ nurse Handwashing, hot/ cold Planning a teddy bears picnic- invitations, shopping Sun safety- putting on sunscreen, hat and sunglasses</p>	<p style="text-align: center;"><u>Curiosity</u></p> <p><i>Objective: To broaden knowledge and understanding of their world.</i></p> <p>Making and tasting/ smelling healthy foods e.g. fruit smoothie by operating the food processor with a switch Picnic food- salty, sweet, sour, bitter How food can be changed- heated, frozen, mashed etc How the body changes- baby, child, teenager, adult e.g. starting with sensory baby products, finish with elderly person's knitting/ tea/ stick Growing your own food- planting salad seeds</p>
<p style="text-align: center;"><u>Emotional and Social Well- being</u></p> <p><i>Objective: To ensure all feel safe, respected, happy, in control and valued.</i></p> <p>Favourite foods/ physical activity- make choices Massage with different personal care items e.g. sponge/ cream/ brush, naming body parts as we go Reflexion/ relaxation/ yoga- candles/ incense Expressing feelings- puppets, music to evoke different emotions Class Olympics- sense of achievements and recognising own unique talent</p>	<p style="text-align: center;"><u>Physical Well being</u></p> <p><i>Objective: develop core strength, mobility, motor skills and hand-eye coordination.</i></p> <p>Group/ partner games- boccia, ball games Picnic games e.g. beanbag into basket, pop bottle skittles, kite flying Orienteering- follow a trail, find the hiding objects Body Awareness/ Sherborne movement</p>	<p style="text-align: center;"><u>Creativity</u></p> <p><i>Objective: develop and express their individuality through the discovery and exploration of different creative media.</i></p> <p>Fruit and veg printing. Group art creations 'Proms in the park'- music activities outside Making faces out of fruit and veg Songs about our bodies/ healthy and unhealthy foods/ personal care e.g. Junk food song, 'This is the way', 'I've got a body' Sensory stories e.g. Handa's Surprise, Picnic story feeling grass/ blanket/ basket (NI PMLD Curriculum- Perfect Picnic Fun)</p>