

## K1 THEME 5: INSIDE AND OUTSIDE ME (31st Dec. to 25th Jan.)

Our fifth topic of the year focuses on our bodies. Our body parts, inside and outside and what they are used for.

### THEME LESSONS

Some keywords and songs you can practice with your children at home:

Keywords: Forehead, cheeks, chin, neck, elbow, ankle, inside, skin, bones, muscles, brain, blood, heart, lungs, stomach, sight, hearing, taste, touch, smell, senses, action, move, body, parts, movements, hold, position.

Songs: 'The skeleton dance,' 'Five senses,' 'My whole body can move' and 'Hokey Pokey.'

The teacher will start this theme by expanding on the body parts learnt in PN and N, focussing on internal body parts and the left and right sides of our bodies. The classes will play the game, 'Simon says' but the teacher will include left and right into the directions. The children will read a book called, 'Me and my amazing body,' and will make a fun x-ray of their arm and fingers, using flour and ear buds. The children will get a chance to do some exploring with their five senses. They will read a book called, 'Look, listen and learn,' learn a rhyme about their senses and experiment with a blindfold. The teacher will then move onto investigating the different actions and movements we can do with our bodies. The classes will read the fun book, 'Head to toe,' trying different and crazy new positions with their bodies. They will also try new ways of making art, for instance, on their stomachs or under the table or wrapped in bubble wrap, all ways of making them aware of specific parts of their bodies and how flexible they can really be. Fun!

### ART LESSONS *(sample to the right may vary from actual art work)*

In their art lessons the classes will have fun making a, 'life size me,' with a friend. They will also make a painting using their feet and celebrate Winter by making an Eskimo, using cotton balls and cupcake holders.



### MATH & READING LESSONS

Some keywords and songs you can practice with your children at home:

Keywords: Many, lots, few, little, count, move, more, less, compare, bigger, smaller, than, change.

Songs: 'Peppermint twist' and 'Down by the bay.'

The teacher will start this theme's math lessons by cementing and reviewing the concepts of many and few, learnt in N. They will use the class register, class toys and picture cards to help with understanding. The classes will also play a fun team ball game to reiterate the concepts. They will compare quantities, learning the words, 'more' and 'less,' building towers and comparing their height to determine which has more. The classes will also do a few worksheets, allowing them to practise their new comparative skills. Teachers will introduce the terms, 'bigger than' and 'smaller than,' reading the books, 'A million times bigger' and 'Big and small room for all.' They will also play a fun game with a dice and pom poms, as well as counting cards.

In their reading line lessons, the children will read the following books with the teacher, 'I can run' and 'What can you see?'