

EYFS Knowledge Organiser: All About Me - Autumn 1

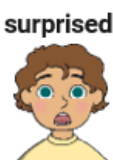
Key Knowledge

Children will know that:

- When we are at school we follow the class and school rules.
- Families are all different and people live in different places.
- We have five senses.



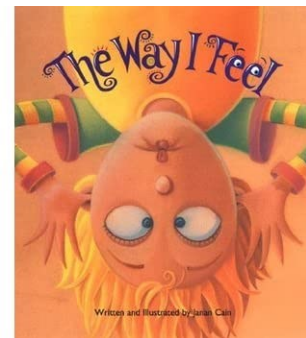
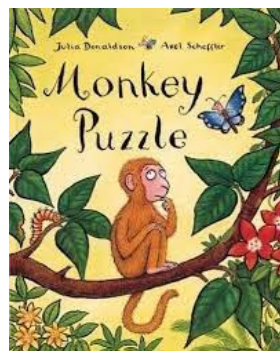
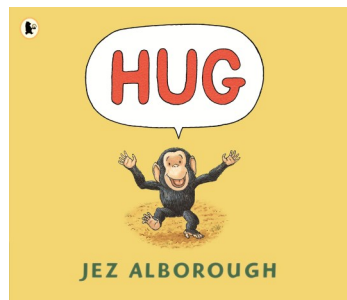
- All different things.
 - They are able to express their opinions.
 - It is normal to feel different emotions.
 - They can use different strategies to help them control their emotions.
- people enjoy



Things to Talk About and Find Out:

- Who is in your family?
- What special things do you do together?
- Where do you live?
- What places/buildings are near to your home?
- How does the place you live in look the same/different to this place?
- I wonder how this feels/smells/tastes/sounds/looks...
- Can you describe it to me?
- How do you feel? Why?
- How do you think they feel? Why?

Our Key Texts:



EYFS Knowledge Organiser: Health Week - Autumn 1 2023

Key Knowledge

Children will know that:

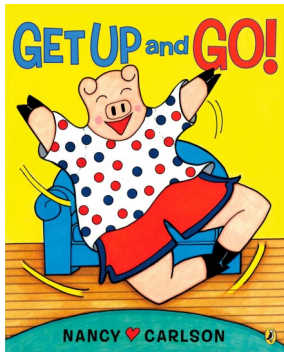
- Exercise is good for your health and be able to give 3 examples of exercise. E.g. running, cycling and football
- We need to brush our teeth twice a day for 2 minutes.
- Some foods are healthy and should be eaten regularly
- Some foods are unhealthy and we have them as a treat



Things to Talk About with your child and Find Out:

- What is your favourite healthy snack?
- What is your favourite treat?
- What is your favourite activity to do as exercise?
- Are there any new activities you would like to try?
- What exercise can you do in school or at home?

Our Key Text:



Key Vocabulary:

health, exercise, sport, muscles, stretch, strong, dentist, dental, toothpaste, toothbrush, floss, fruit, vegetables, carbohydrates, protein.