



Curriculum Overview for EYFS Autumn Term 1 2025-2026

Unit: My Body

Thinking Skill 1: Looking Thinking Skill 2: Listening

Literacy

Books:

Marvellous Me – Lisa Bullard
Whose toes are those? Jabari Asim
Hello World, My Body– Jill McDonald
From Head to Toe– Eric Carle
We've all got bellybuttons– David Martin
Let's make faces– Hanoch Piven
Head, shoulders, Knees and Toes– Nancy Lambert et al
All kinds of people - Emma Damon

Daily literacy opportunities:

Letter of the day
Weekly topic book and story time
Shared reading sessions
Self selected reading
Library time
Mark making in a range of different materials.
Letter work and play
IPad work and games
Predictable chart writing.

Personal, Social and Emotional Development

- My body and exercise?' We will enjoy moving our bodies to music, rhymes and during drama games.
- Sharing with friends e.g. role play a cafe
- Self feeding skills through snack and lunchtime.
- Regular toilet programmes.
- Therapy programmes
- Oral health and hygiene
- Making new friends.

Mathematics

- Height charts—short and tall
- Sorting each other by different criteria e.g eye colour and hair colour.
- Our favourite things survey.
- Ourselves– playdough mats.
- Counting jelly bones, teeth and belly buttons (buttons).
- Counting small world people.

Physical Development

- Weekly swimming
- Body awareness and yoga
- Daily sensory circuits and time outside playing.
- Weekly soft play sessions
- Daily fine motor practice—mark making.
- Working alongside the therapists.

Expressive Arts and Design

- Hand printing, foot printing.
- Fruit face collages. Baking biscuits in the shape of people.
- Playdough portraits
- Junk modelled bodies
- Clay hand and foot prints
- Photo puzzles
- Decorate life size cut out of self with favourite things.
- Head, Shoulders, knees and toes, I've got a busy body, Tommy thumb
- Role play– nurses, hairdressers, dentist.

Communication and Language

- Sensory story - range of materials and experiences.
- Set up 'sensory story stations' where children can explore a range of different textures and objects from the story.
- Speech and language sessions
- Daily PODD work and play.
- Morning hello and communication session.
- Topic songs and rhymes
- Alphabet and phonic work.
- Choice making in our play Topic themed singing and actions; Simon says games.

Understanding the World

- How we grow from a baby to an adult.
- Body parts scavenger hunt.
- Ourselves—discovery sack. Individual differences.
- Sound and hearing.
- Harvest theme activities.