



# Supporting your child's knowledge and skills

## How do we keep our body healthy and safe?

Foundation Knowledge Organiser, Summer 2

Focus – Expressive Arts and Design (Art, Music, PE, Drama)

### In F2 your child will learn about:

1. Where food comes from?
2. What food makes us grow and what are healthy food choices?
3. How to keep healthy and safe? Who helps us to keep safe?
4. Father's Day, Eid.
5. What happens next in school?

### In F2 we will be doing the following activities:

- a. We will look at and discuss famous fruit and vegetable still life paintings.
- b. We will learn to draw/paint fruits and vegetables.
- c. For our drawings and paintings we will use paint, coloured pencils, chalk, wax crayons.
- d. We will use different materials to create fruit and vegetable collage pictures.
- e. We will discuss the importance of exercising and we will create own exercises and practise these during outdoor play/M&M.
- f. We will design Father's Day and Eid cards.
- g. We will discuss what will happen next year in school and we will draw own portraits to give to our new teacher in Foundation 2.

### Questions you may want to ask at home:

#### When asking your child questions, please encourage your child to reply in full sentences:

Q: Do you know where our food comes from?

A: Our food comes from...

Q: Can you name healthy foods?

A: Healthy foods are...

Q: Why do you think that exercising is important?

A: I think exercising is important, because...

Q: Who do you think helps you to keep safe at home/in school?

A: I think....

Q: How is Father's Day/Eid celebrated?

A; Father's Day/Eid is celebrated...

Q: Do you know what will happen next year in school?

A: Next year in school...

#### Learning about your child's previous experiences:

- What do you celebrate together as a family?
- What types of healthy foods do you eat at home?
- Where do you get your food from?
- How do you exercise at home?

### Top facts:

1. *Our food comes from animal/vegetable farms, factories, supermarkets, etc.*
2. *Healthy foods keep our body well and they help us to grow.*
3. *We can create still life using different techniques.*
4. *We can create collages with different materials.*
5. *Exercising regularly keeps us fit and healthy.*
6. *Different grown ups at home and in school help us to keep healthy and safe.*
7. *We all have similarities and differences in the way we celebrate different festivals.*
8. *Next year we are going to be in Foundation 2 and we will have different classes and teachers.*



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Foundation 1 Knowledge Organiser, Summer 2  
Focus – Expressive Arts and Design (Art, Music, PE)

### Vocabulary your child will use:

 Healthy food	 Unhealthy food
 Fruits	 Vegetables
 Exercise	 Safe
 Drawing	 Painting
 2D model	 3D model
 Father's Day	 Eid