

Asterion's curriculum (Roxan) – May/June 2026

Date	Intent (what we are planning to teach)	Impact (what we want from the activity) Learnt outcomes
Week commencing: 18 th May 2026	To make healthy choices about food, drinks, and activities	To develop an understanding of healthy choices
Week commencing: 25 th May 2026		To begin to identify healthy and unhealthy foods, drinks, and habits
Week commencing: 1 st June 2026		To understand why healthy choices are important for our body
Week commencing: 8 th June 2026		To independently demonstrate healthy choices in daily routines
Planned learning opportunities – ideas:		
Food Sorting- Children are encouraged to sort toy foods into healthy/unhealthy groups. Healthy Plate Collages – Create a healthy plate collage using pictures from catalogues or visual printouts. Role-play- Acting out events in a pretend shop or café, practicing choosing healthy options. Circle Time – Discuss “what helps us stay healthy?” using picture cards to describe healthy habits in simple sentences. Daily movement session- Dancing, stretching, obstacle courses, and talk about how their body feels after exercise. Toothbrushing- Using model teeth or pictures, showing how to brush teeth correctly. Creative Activities- Encourage the children to draw or paint their favourite healthy meal.		
Safeguarding:		
Settling – Support children to feel safe, secure, and confidence within the setting		
Mealtimes – Children are encouraged to develop independence and good manners, staff support children in making healthy choices and using appropriate language during conversations		
Toileting – Encourage children to use the toilet regularly and are supported sensitively, always respecting their privacy and dignity		