



Saint Elizabeth's Knowledge Mat



Year: **EYFS**

Term: **Autumn 1**

Topic: **Ourselves**

Key Knowledge: What I am going to learn. How have I grown and changed?

That I was once a baby, then a toddler but am now a child. That I will grow into a teenager and adult and then become elderly.

To create a simple timeline of me and how I have changed.

To understand the basic concept of history, something that has happened in the past and relate this to myself and my family.

1. Communication and Language

To talk about past events and experiences in my own life.

Ask and answer questions about my own family and other people.

Listens to the stories about other people.

2. Personal Social and emotional

To talk to others about myself and things I do with my family.

Build relationships with those in my class and school community.

3. Physical Development

To practice a range of ways to move, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.

To practice my fine motor skills through drawing, cutting and other activities.

Observe how my body changes when I exercise.

4. Literacy

To look at books, talk about them and handle them carefully.

Listen and join in with rhymes, songs and stories.

Talk about the 'marks' that I draw, paint and 'write'.

To recognise rhyming patterns, hear initial sounds in words, create rhythms with instruments and my body.

5. Mathematics

To recite numbers to 10.

To recognise numbers to 5.

To compare groups of objects and say if they are the same, more, less than each other.

To notice shapes and patterns in the world around me.

To begin to name 2d shapes

To create simple patterns.

6. Understanding of the world

To talk about past events and experiences in the life of my family.

To talk about how I have changed since I was born.

To learn how I will change as I get older.

7. Expressive Arts and Design

To create a portrait of myself - looking at colour and shape.

To move in response to music.

To copy and create simple rhythms.

To join in with songs and rhymes.

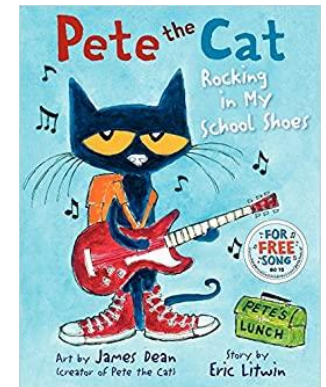
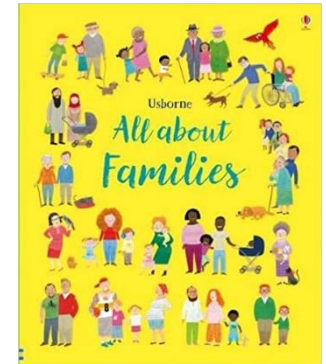
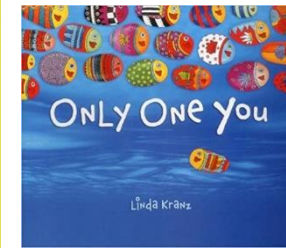
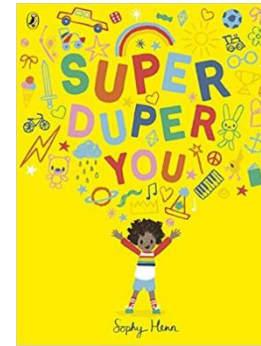
To role-play first hand experiences with others.

Key vocabulary

Myself
Body
Healthy
Unhealthy
Like
Dislike
Family
Mum
Dad
Brother
Sister
Grandma,
Grandad
Uncle
Aunty
Cousin
Step family
Changes
Differences /Different
Similar/ Same



Some books linking to our topic:



EYFS - Ourselves

How to help at home

Why not get out the family album at home and look through pictures of yourself and your family. How have you all grown and change? Do you look familiar to anyone in your family when they were younger?

What is your favourite.... (colour, food, toys, pet)? What (food) do you not like?

What colour is your hair? Who has the same hair colour as you? Who does not have the same colour hair as you? How are they different?

What food is healthy/ unhealthy? How does your body change when you get older?

My start and end of unit knowledge:

Name: _____	Start of unit date: _____ My answers at the <i>START</i> of the unit:	End of unit date: _____ My answers at the <i>END</i> of the unit:
1. What does History mean?		
2. Can you put these people in order of age?		
3. How have you changed and grown since you were a baby?		
4. How will you change as you get older?		
5. Do you know what a family tree is?		
Anything else I know about the topic:		