



## Saint Elizabeth's Knowledge Mat



<b>Year: EYFS</b>	<b>Term: Advent</b>	<b>Topic: Ourselves</b>
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### **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**

Accurately counts objects/actions in different context to 5 (one to one correspondence).

Identify composition of numbers 0-5.

Begin to subitise up to 3.

Identify some doubling facts to 3.

\*Verbally count confidently to 10,

\*Recognises and re-orders numbers 0-5

\*Selects the correct numeral to represent 1-5, then 1-10 objects

\*Begins to recognise the pattern of the counting system (0-9)

\*Compares quantities to 5 and beyond

\*Knowing what is more

\*Begins to use the vocabulary involved in adding and subtracting (more, add, altogether, take, away, less, less, than, fewer)

### **6. Understanding of the world**

Begin to draw on own experiences to talk about past and present.

Begin to talk about lives of people around them.

### **7. Expressive Arts and Design**

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

To move in response to music.

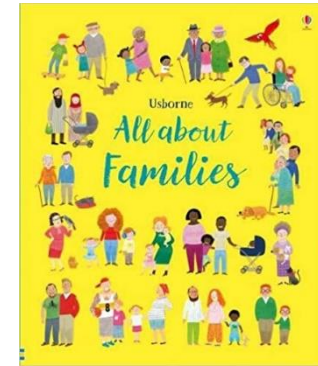
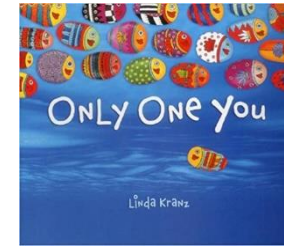
To copy and create simple rhythms.

To join in with songs and rhymes.

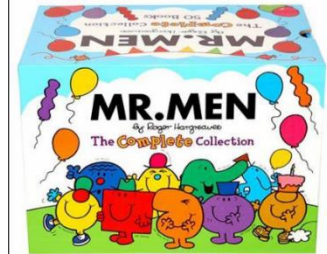
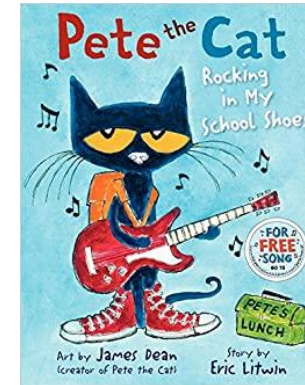
To role-play first hand experiences with others.

## 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?