



# ROSARY PRIVATE SCHOOL – MUWEILAH, SHARJAH

## FOUNDATION STAGE 2

Weekly plan 1<sup>st</sup> week of October: 02.10.2023 to 05.10.2023



### Communication and Language

We will encourage the students to delve into the ideas surrounding healthy and unhealthy food. To begin, we'll investigate the characteristics of healthy food. Our teachers will assist the students in closely examining the definition and significance of nutritious eating. Following that, they will help the students uncover strategies for distinguishing between foods that promote well-being and those that do not. It is crucial for the students to grasp the vital differences between these categories. Lastly, they will discuss the significance of a particular meal during the day, all the while introducing new vocabulary to enrich their understanding.

**Story:** Healthy eating habits

<https://www.youtube.com/watch?v=lZp6Ntomljc>



### Personal, Social, Emotional

The reason behind our refusal of junk food lies in the process of discerning our personal food preferences. During this learning journey, children will actively contribute their ideas and opinions about various food options. Additionally, we plan to engage them in entertaining listening games and activities centered around rhyming words, fostering both education and enjoyment.

**Healthy and junk food song for kids:**

<https://www.youtube.com/watch?v=afxdfZd5fRE>



**Me and Myself**  
(Healthy and unhealthy food)



### Literacy

Our students will be introduced to the letters Cc and Kk, with a special focus on the sight word "can" and the exploration of opposite concepts like "fat" and "thin." To actively engage with these subjects, we will incorporate reading materials that highlight healthy food choices and involve the students in role-playing exercises to gain insights into the impact of junk food. Furthermore, The teachers will foster improved listening skills through attentive storytelling sessions and a variety of enjoyable listening games centred around rhyming words.

To cater to differentiation, we have designed activities that include matching letter sounds with healthy food items and displaying corresponding letter cards alongside the items they represent. Additionally, we will guide our students in the creation of healthy food magazines through cut-and-paste projects, encouraging them to express their creativity. They will also be prompted to illustrate and label their preferred fruits with colours, thereby enhancing both their artistic and language skills.

### Expressive Art and Design

Our students will actively participate in a range of engaging activities related to healthy eating. They will construct their "My Eat Well Plate" and engage in sorting exercises to distinguish between healthy and unhealthy foods. Exploring the concept of a "My Food Pyramid" and "My Healthy Food Basket" will further enhance their understanding. Additionally, they will get creative with magazine cut-and-paste projects and sculpt playdough into fruits and vegetables. Practical experiences like making fruit salads and creating a "Healthy Face" with fruits and vegetables will foster a deeper connection with nutritious foods. Finally, food crafts and cooking sessions like making healthy sandwiches in class will round out their hands-on exploration of healthy eating habits.

## Understanding the World

During our lessons, students will gain a deep understanding of the significance of maintaining a healthy diet. They will learn to identify the appropriate times for consuming each meal, including breakfast, lunch and dinner. We will enrich their vocabulary by introducing words like water, milk, orange juice, cereal, fish, strawberries, chicken, meat, egg, and bread. In addition, They will have a discussion to the reasons for avoiding junk or unhealthy foods and explore the potential consequences of consuming them excessively. To broaden their knowledge, they will also learn where our food comes from and how we obtain it. These conversations will foster exploration of both healthy and junk food concepts.

For differentiated learning, we have planned activities such as creating "My Healthy Food Basket," constructing a "Food Wheel," and designing a "My Healthy Food Lunch Box." These activities will engage students in various ways and enable them to internalize the principles of healthy eating.

### ACTIVITY FOR Thursday,

05 October, 2023

Our school will be celebrating 'ROSARY DAY'

We would like to see our students dress in **PINK** colour clothes.

The students will also be making healthy sandwiches in the class.

## Mathematics

In our upcoming lessons, students will review numbers 1 through 5 and apply them practically by drawing fruits and vegetables, counting them as they go. They will also explore concepts of more and less, learning to identify and compare quantities. Furthermore, the teachers will engage them in completing patterns related to healthy food choices, strengthening their cognitive skills. Additionally, we'll have interactive activities involving food patterns where they can practice drag-and-drop exercises.

For differentiated learning, the teachers have planned activities such as sorting healthy foods through cutting and categorizing. Our teachers will also encourage students to assess the number of healthy items on their plates and sort fruits and vegetables by colour while counting them. These activities aim to make learning both fun and informative.



## Islamic

### الله الواحد:

- يتعرف الطالب إلى مفهوم أن الله واحد أحد.
- يستنتج بعض مظاهر وحدانية الله تعالى.

### المفاهيم الدينية:

- الله ربي.
- الإسلام ديني.
- القرآن كتابي.
- محمد ﷺ رسولي.

## Arabic

### الوحدة التعليمية: الطعام الصحي والطعام غير الصحي:

تشجيع الأطفال على أهمية الطعام الصحي التي تعزز الصحة والفرق بينه وبين الطعام غير الصحي، والمناقشة والحوار مع الأطفال ومدى أضرار الغذاء غير الصحي أو الوجبات السريعة وأهمية تناول الأطعمة المفيدة للجسم مثل (الحليب والماء والفوكه والخضار والأسماك والبيض .....). مع تعزيز مهاراتهم اللغوية والفنية .

<https://www.youtube.com/watch?v=uDR2BPhSaeI>

### الأضداد : سمين – نحيف

### الكلمة البصرية: أرى وتوظيفها بجمل بسيطة .

حرف الناء : يتعرف الطلاب إلى حرف الناء وأصواته (الفتحة والضمة والكسرة ) من خلال البوربوينت والصور والبطاقات والكلمات وأيضاً من خلال مجموعة متنوعة من الأنشطة التعليمية التي تنفذ داخل الصف التي تتمحور حول الدرس وربطها بالواقع ، وتمييز الحرف ومطابقة الصور التي تبدأ به وكتابة الحرف كتابة صحيحة مع التشجيع وتعزيز قدراتهم الإبداعية .

<https://www.youtube.com/watch?v=YZuRDZi97c8&t=7s>

## Physical Development

Our students will find delight in physical activities that involve movement and coordination outdoors. They will engage in lively jumping games accompanied by music to add a rhythmic element to their play. Additionally, we will incorporate invigorating "wake and shake" routines to energize them. To encourage creativity and imagination, they will also have the opportunity to mimic the movements of plants and trees, fostering a deeper connection to the natural world through physical expression.