

Reception Autumn 1
2025 - 2026
Medium Term Planning
All about Me



Week 1 - All about me

Phonics -

In phonics this week we are singing nursery rhymes, orally blending and finding the object such as 'pick up the c-a-t', 'touch your f-ee-t', matching things with the same initial sound.

Literacy - Name writing practice

Practice with your child at writing their name. Can they remember all of the letters? Are they in the correct order? Are the letters formed correctly?

Maths - Counting Rhymes

Choose some counting rhymes that you enjoy and sing them with your child. You could use objects, helping your child to count how many are left. Some rhymes that you might sing could be 'five little speckled frogs' or '5 current buns in a baker's shop'.

Topic -

Forest Friday - Shadow Portraits

Go outside and explore your shadow. What makes a shadow? Which direction is your shadow? Can you make different shapes with your shadow, using your body/hands? Are you able to see your features on your shadow? Find natural items such as leaves, stones, grass, etc. and use them to make features on your shadow. Now try creating shadow puppets. What animals can you make?

Vocabulary -

Name, formation, letters, count, sing, match, shadow,

Week 2 - My Family

Phonics -

In phonics this week we are continuing to sing nursery rhymes and orally blend to find the object such as 'pick up the c-a-t', 'touch your f-ee-t', matching things with the same initial sound.

Literacy - Mr Large in Charge

Read the story Mr Large in Charge [Kids Book Read Aloud: Mr Large in Charge \(youtube.com\)](#)

If your family were animals, what would they be. Draw a picture of your family as animals. Will they be slithering snakes, observant owl or terrifying tigers? Practice using your 'pinchy parrot' fingers when you are drawing.

Maths - Counting Rhymes

Choose some counting rhymes that you enjoy and sing them with your child. You could use objects, helping your child to count how many are left. Some rhymes that you might sing could be 'five little men in a flying saucer' or 'ten in a bed'.

Topic - Family pictures

Talk about the people in your family and draw them. Think about what they look like, how tall they are, etc. Talk to the children about each family member as they draw.

Science - Growing up

Talk about what happens when we grow up. We get bigger/taller, etc. Have a look at the pictures and sequence the order of growing up. [Growing up sequencing.pdf](#)
Can you name the different stages e.g. baby, teenager, and adult?

Forest Friday - Marvellous Marks - Wax Crayon Rubbings

Whilst outside find different textured surfaces and create wax rubbings. Look at the marks and discuss the patterns they have made.

Vocabulary -

Family, mum, dad, brother, sister, grandma, grandad, auntie, uncle, cousin, wax, marks, explore, rubbing, count, forwards, backwards, family, mum, dad, sister, brother, older, baby, toddler, teenager, adult, elderly,

Week 3 - Where I live

Phonics -

In phonics this week we are learning the sounds for the graphemes s, a, t, p. We will also be listening out for the initial sounds in words such as 'sock', 'apple', 'teddy' and 'peg'. Find these items around the house and ask your child to match them up to the grapheme, which matches the initial sound.

Literacy - Rosie's Walk

Read the story of Rosie's Walk. <https://youtu.be/rYuINILGW1A>

Imagine the fox wants to think of a new way to trap Rosie. How do you think he might catch her? Draw a picture of your trap? Can you tell your grown up all about your trap?

Maths - Match objects

Use toys and Lego bricks to match. Try to make matching towers, you make a tower and the child to copy. Can you make a tower of matching heights? Do they look the same? Do they need the exact same blocks?

Topic - Marvellous marks-felt tips

Explore making marks with the felt tips. Then will use your felt tips to make patterns. Demonstrate how to use the felt tip to draw a zig zag and as you do so, say: "Zig, zag, zig, zag!" Ask your child to copy you with their own felt tips, repeating the phrase as they mark make. Repeat with different types of lines and patterns. You could try: Circles: "Round and round we go!" Squiggles: "Squiggly wiggly snake!" Straight lines: "Long, long, long line" or "Short line!"

Science - Senses

Talk about the 5 senses; sight, touch, taste, smell, sound. Now complete activities to experience each sense e.g.
Sight - Play 'I spy'
Touch - walk around your house, feeling different materials and describing them.
Taste - blindfold tasting experiment.
Smell - prepare some cups with different smells in and see if your child can identify them e.g. orange, coffee, vinegar,
Sound - Play 'Welcome to the zoo' and identify the animal sound. [Welcome To The Zoo \(phonicsplay.co.uk\)](#)

Forest Friday - Rosie's Walk

Recap the story of Rosie's Walk. Where does Rosie go? What does she see? Create your own Walk, using natural materials. What could you use for the pond? The hay bales? The bee hives? Create your own obstacle course outside and complete your own walk. What might you see? Walk past?

Vocabulary -

Phoneme, grapheme, matching, compare, zig zag, senses, sight, sound, taste, smell, touch.

Week 4 – My body

Phonics – In phonics this week we are learning the sounds for the graphemes i, n, m, d. We will also be listening out for the initial sounds in words such as 'insect', 'nose', 'marble' and 'door'. Find these items around the house and ask your child to match them up to the grapheme, which matches the initial sound.

Literacy – Funny bones

Listen to the story of funny bones. [Funnybones - Give Us A Story! \(youtube.com\)](https://www.youtube.com/watch?v=APY-JJ_6TPs)

Draw a picture of yourself as a skeleton. What will you look like? Label the body parts. Listen to the sounds you can hear and write the initial sound for each body part, eg, "h" for head.

Maths – Sorting

Read the button box by Margaret S Reid

https://www.youtube.com/watch?v=APY-JJ_6TPs

Talk about sorting and how we can sort objects. Collect some buttons and ask children to sort them out. How have they sorted them? Ask them to describe the criteria they have used. Add more buttons and ask the children to sort again.

Topic – Marvellous marks- chalk

Allow them to feel the chalk in their hands. What do they notice? Give children the chance to make marks using chalk. Have a go at creating a skeleton just like the ones from 'Funnybones' using the chalk on some black paper or the ground outside. Could they make a skeleton animal to match?

Science – Identify parts of the body

Play Simon says, finding different parts of your body.

Out on the patio/driveway or on a large sheet of paper, draw around your child. Can you write labels for the different body parts? How many can you find?

Forest Friday – Building a Body

Use natural materials to create a body. What body parts can you remember? Can you make a body the same size as you are?

Vocabulary –

features, sorting, criteria, likes, dislikes, head, nose, ears, neck, leg, knee, foot, toes, arm, hands, fingers, chest, tummy

Week 5 – My School

Phonics – In phonics this week, we are learning the sounds for the graphemes g, o, c, k. We will also be blending CVC words such as 'mat', 'cap' and 'pot'. Ask your child for an object by saying to phonemes. Can they blend the word and find what you are searching for e.g. 'Can you get your c-a-p?'

Literacy – Recess

Watch a clip from the cartoon 'Recess'.

Choose your favourite character and draw them. Write the initial sound of the character's name. Then think about what they look like and write some words to describe them. Tell your grown up what they look like and then listen to the sounds you need.

Maths – Comparing amounts

This week we are thinking about fewer and more. Look at different amounts of fruit and discuss which is more/fewer. Change the objects around. Can you find the one with more/fewer? Play 'mucky monsters' on ICT games.

<https://www.ictgames.com/mobilePage/muckyMonsters/>

Topic – Marvellous marks – wax crayons

Explore making marks using wax crayons. Use different colours and try using the end and side of the crayon. Go outside with some paper and wax crayons and explore making wax rubbings on different surfaces.

Science – Keeping Healthy

Talk to your child about what they think keeping healthy means. Talk about a healthy mind, healthy body and healthy environment. Draw an outline of a body and then draw the face on and then they can draw/write three things that can help them be and keep healthy (One for healthy body, one for healthy mind and one for healthy environment)

Forest Friday – Observational drawings of your house

Look at your house. What do you notice? What shapes can you see? Have a go at drawing the school, remembering to keep looking at the building and the shapes that are there.

Vocabulary –

Compare, own version, more, fewer, zig, zag, pattern, body, environment, healthy,

Week 6 – My Pets

Phonics – In phonics this week we are learning the sounds for the graphemes ck, e, u, r and blending CVC words such as 'sock', 'cup' and 'rip'. We will also be learning to read 'tricky words' on sight such as 'I' and 'is'.

Literacy – Tiger who came to Tea

Listen to the story 'The tiger who came to tea. [Storytime for Kids read aloud: Tiger Who Came To Tea by Judith Kerr \(youtube.com\)](https://www.youtube.com/watch?v=APY-JJ_6TPs)

Imagine the zoo keepers have come looking for the tiger. Where can he hide? Draw a picture of where the tiger can hide from the zookeepers. Tell your grown up about your picture. Can you write the initial sound of where the tiger is hiding, eg "g" for garden.

Maths – Patterns

Collect together a selection of coloured bricks. Create a 2-part pattern for your child e.g. red, blue, red, blue... Can they continue the pattern? Now let them have a go at creating their own 2-part pattern. Repeat with a 3-part pattern. Can they continue it? Can they create their own?

Topic – Marvellous marks-drawing faces

Look in a mirror at your face's. Talk about what you can see and what you look like when you make different expressions. Get a pencil and a piece of paper. Ask your child to draw a picture of their own face and encourage them to keep looking in the mirror, drawing what they can see. When they have finished, ask them to look at their drawing. Print out a black and white picture of your child's face, cut it in half and stick on plain paper. Ask your child to draw the other half of their face, using the picture as a guide.

Science – Germs

Introduce children to the idea that there are microscopic organisms such as germs and bacteria. These cannot be seen without tools such as a microscope and some of them can be very harmful. Tell children we are going to be conducting an experiment to show how quickly germs and bacteria can spread. Put some glitter on to your child hands and then ask them to play as normal. Then look at where the glitter is. Talk about why it has spread. Then wash/wipe where all the germs went.

Forest Friday – Vocabulary –

pattern, 2 part, 3 part, colours, shapes, germs, bacteria, spread, clean,

Week 7 – My Emotions

Phonics – In phonics this week we are learning the sounds for the graphemes h, b, f, l and blending CVC words such as 'hug', 'bed', 'lip'. We will also be learning to read the 'tricky word' 'the' on sight.

Literacy – Colour Monster

Listen to the story 'The colour monster'. [The Color Monster: A Read-Aloud Story for Kids About Exploring the Rainbow of Emotions \(youtube.com\)](https://www.youtube.com/watch?v=APY-JJ_6TPs)

Imagine the emotion thief is coming. What does it look like and which emotion does it want to steal? Draw a picture of the emotion thief. Can you write the initial sound of the emotion he wants to steal e.g "S" for sad.

Maths – Find and Subitise 1,2,3.

Go on a number hunt and see where you can find 1, 2 and 3. You might find 2 shoes, one dog, 3 ants. How can you represent these numbers using numerals, fingers, spots on a dice, etc. Put 1, 2 and 3 objects under 3 bowls. Lift up a bowl quickly and ask your child how many objects are there. Repeat with the different bowls. Do they know without counting?

Topic – Marvellous marks-drawing faces in colour

Look at some pictures of different self-portraits. Experiment by looking at artists that have used realistic colours and those that have used unrealistic colours. Provide different materials and give your child a chance to create a portrait using unrealistic colours.

Science – Emotions

Talk about different emotions. Encourage your child to make these emotions with their faces. Children to look in a mirror to see how their face changes when they make different emotions.

Ask your child to draw or write what makes them happy, sad and scared.

Forest Friday – Nature Weave

This week outside we are creating a nature weave. Cut a piece of card and wrap some elastic bands around it. Now hunt around the outdoors and find things that you like e.g. leaves, twigs, etc. Now create a weave by threading them under the string.

Vocabulary –

Subitise, emotions, happy, sad, scared, weave, thread,