

Reception

Who is there to help me?



Letters have
been left in the
special post
box.

Spring Term 1
2026

End of topic
celebration –meet
a special visitor
who helps people
in his job.

Who is there to help me?

Who helps me at home?

Which people help us in emergencies?

Who helps us to stay safe and healthy?

What job would I like to do when I am older?

Where would we find people who help us in our community?

How do the people in our community help us?

What equipment is needed for these jobs?

Why are these jobs important?

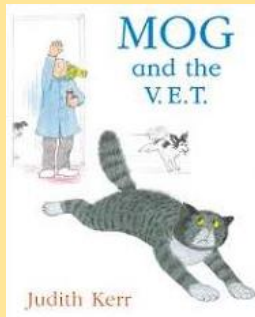


Resource Hub - Reception

Who is there to help me?

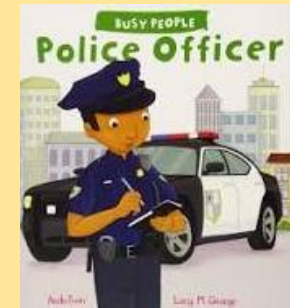
Spring Term 1 2026

Fiction

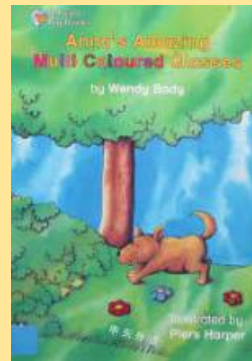
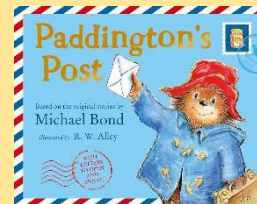
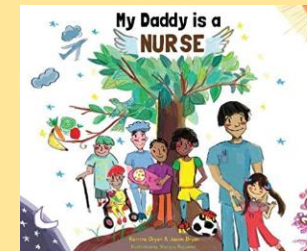


High Quality Texts

Non-Fiction



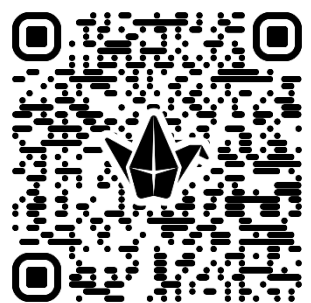
Core Texts



Multi-media

Rhymes and Songs

Scan this QR code to access all multimedia links on our padlet



Postal worker

<https://www.youtube.com/watch?v=XsTsRLVWMI>
(from 3rd min)

Firefighters

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

Police Officer

<https://www.youtube.com/watch?v=DAqPCZN9yro>

Doctor

<https://www.youtube.com/watch?v=qJSBULah8W8>
(from 3rd min)

Nurse

https://www.youtube.com/watch?v=OfxEpYvVIZI&list=PLtCEG_NQv-LuMPONEGLw9UJzbTCRRMZS (from 3rd min)

Optician

<https://www.youtube.com/watch?v=eZ2QTty09NE>

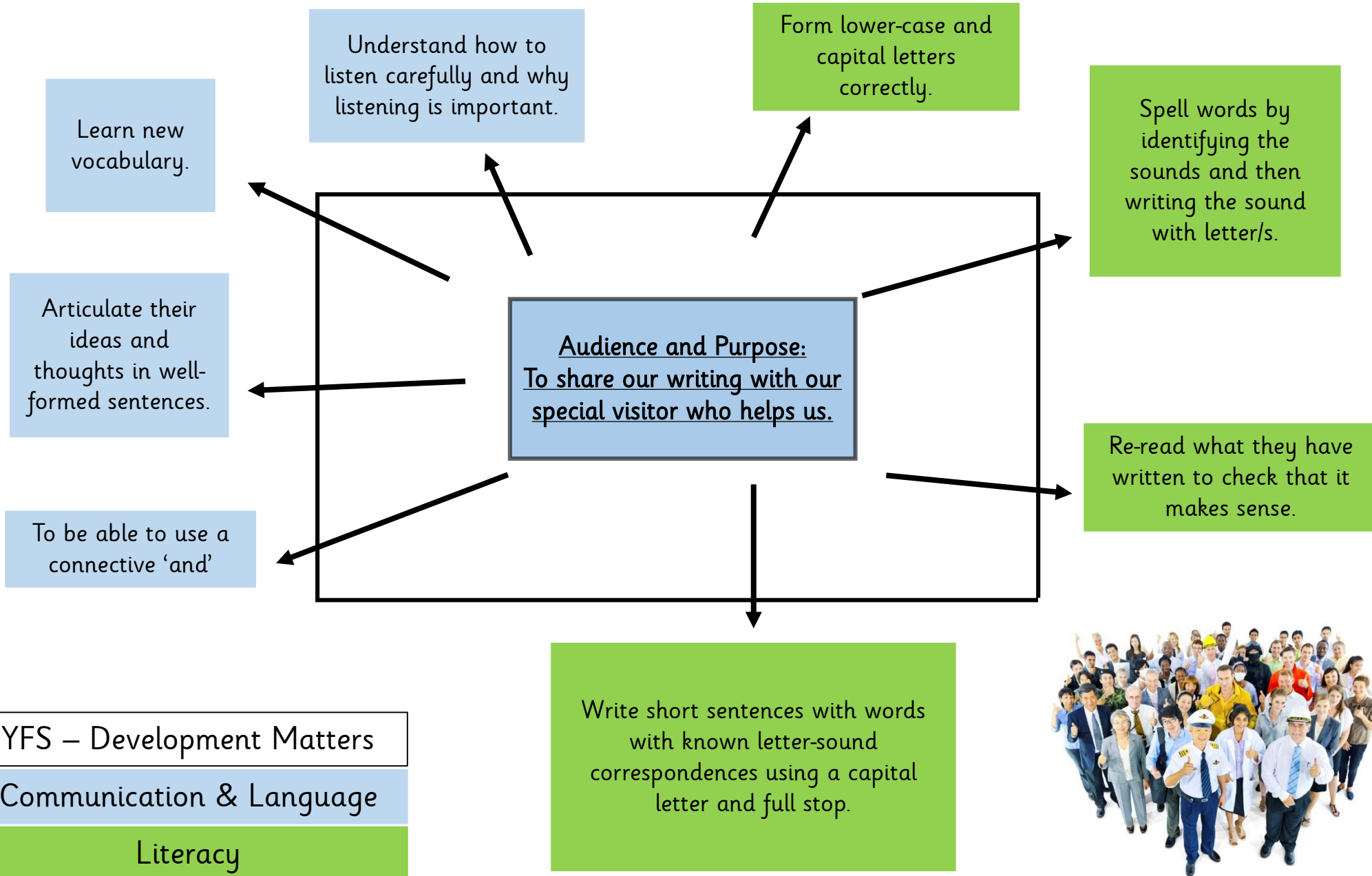
Vet

<https://www.youtube.com/watch?v=m0QD0ioxA4c> (from 3rd min)

People who help us
finger family song

https://www.youtube.com/watch?v=I_3sYFHxJqU

Writing Features



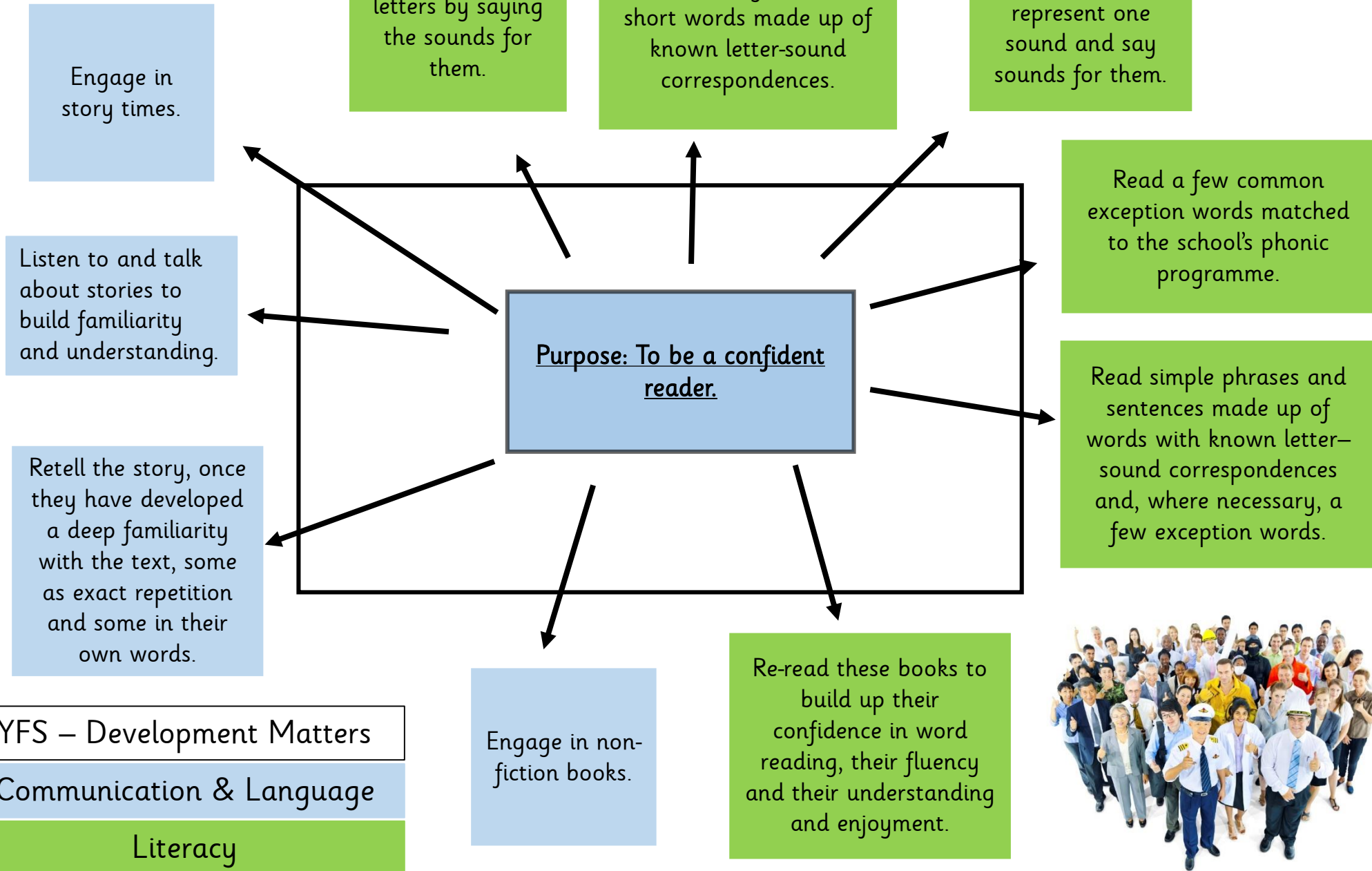
EYFS – Development Matters

Communication & Language

Literacy



Reading Features



1.

- To write simple sentences to show where Paddington's Post has been delivered.

2.

- Label the parts of a Firefighter's uniform.
- To write a simple sentence describing the uniform using a connective 'and'.

3.

- Write interesting sentences to describe Police Officers using a connective 'and'.

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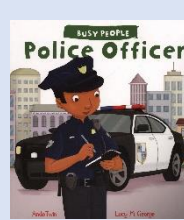
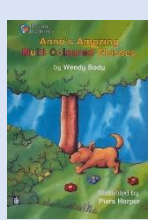
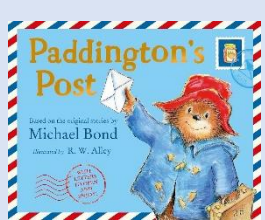
In English, we will
be writing...

4. Introduce people who help us – nurses, doctors and paramedics.

- Label parts of the body by learning new vocabulary
- Write a sentence to describe a body part e.g My nose helps me smell.

5. To write a sentence about what I can see when I wear the special glasses using the connective 'and'.

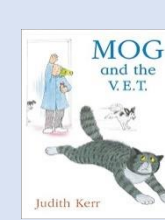
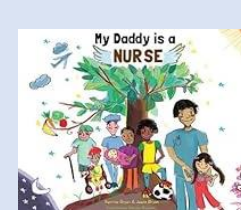
6. Write a sentence about a vet and how they help animals. Try to use a connective 'and'.
The vet can help my cat.



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Who is there to help me?

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I know some people who can help us in my community.

I know some of the ways that people help us.

I know who can help to keep us safe in an emergency.

I know how Chinese New Year is celebrated.

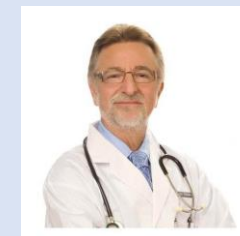
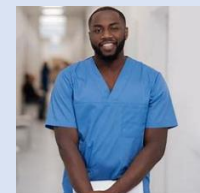
Emergency Vehicles



Vocabulary

Delivered	To bring or hand over letters or parcels.
Firefighter	A person who puts out fires.
Police officer	A person who looks after us.
Safety	To protect someone from harm.
Uniform	A special set of clothes worn by people for their job.
Paramedic	A person who works on an ambulance and helps us.
Vet	A person who helps animals.

People who help us





Let's quiz



Reception Spring 1 2026
Who is there to help me?

'Let's quiz' is an exciting new game we have launched for the children.

At the end of every topic they will take part in a fun quiz all about what they have learnt over the half-term. You can help your child to succeed and remember what they have learnt by talking about the questions together at home.

Research says that when children repeatedly return to previously learnt information, they are more likely to '**Know and Remember More**' in the long term.

1. Name someone who helps you at home?
2. Which people help us in emergencies?
3. What job would you like to do when you are older? Why?
4. How do the people in our community help us?
5. Name 3 things police officers do to keep us safe?
6. What equipment do firefighters use?
7. How many emergency vehicles can you name?
8. What is your New Years resolution?
9. How is Chinese New Year celebrated?
10. Can you sing one of your favourite songs from our music workshops?