



Year 1	Autumn	Spring	Summer
<b>Topic</b>	<b>Keeping Healthy:</b> <b>Key Enquiry Question:</b> How do I keep myself healthy?	<b>Let is grow</b> <b>Key Enquiry Question:</b> How do things grow and change?	<b>Countries of our world</b> <b>Key Enquiry Question:</b> What makes each country special?
<b>Power of Reading</b>	<b>Lower Senior</b> – Stanley's stick <b>Upper Senior</b> - Gorilla <b>All</b> - Traditional stories; Little red riding hood and other stories, 3 billy goats gruff	<b>Lower Senior</b> – Pet potato <b>Upper Senior</b> - The bee who spoke <b>All</b> - Poetry: The puffin book of first poems	<b>Lower Senior</b> – One day on our blue planet and What it's like to be a bird <b>Upper Senior</b> - Slug life and Hummingbird
<b>English</b>	<b>Communication</b> • Comprehension on healthy and unhealthy • Language for thinking – short stories • Create a menu / recipe <b>Literacy</b> Fiction: Simplified “The Pied Piper” • Scoular Anderson – “Stan and the Sneaky Snacks” • Non-Fiction: Beyond Words: “Going into Hospital”, “Getting on With Epilepsy and “Type 2 Diabetes”. • Exploring non-fiction - select from menus likes and dislikes – healthy or unhealthy • Poems: Michael Rosen - “Chocolate Cake” • Benjamin Zephaniah – “Talking Turkeys” • The Big Book - Food poems	Read sensory stories about gardens and growth (e.g. The Tiny Seed) Create a class garden diary with photos and simple sentences Use Colourful Semantics to describe plant parts and growth stages Write acrostic poems using words like GROW and SEED	Read sensory stories about global adventures and cultures Write travel journals with photos and symbols Use Colourful Semantics to describe countries, landmarks, and traditions Create poems about places and journeys
<b>Personal, Social &amp; Emotional Development</b>	<b>RSHE</b> • My Body: healthy lifestyles • Positive Relationships • Mental Health – how to look after your mental health / describe yourself – emotions - ZOR • Anti-Bullying Day • International Day of People with Disabilities <b>Work Related Learning</b> • Identify health related jobs – people that help to keep us safe and healthy – indicate how they do it	Discuss how caring for plants helps us feel calm and responsible Use Zones of Regulation with plant metaphors (e.g. “growing calm”) Create a “Feelings Garden” with colour-coded flowers representing emotions	Explore cultural diversity and respect through stories and role play Use Zones of Regulation linked to travel experiences Create a “My World” identity poster with flags and symbols

<b>PE</b>	Panathlon Games – Boccia, Kurling, Polybat • Sensory Circuits, exercise area, yoga, Tacpac. • Dance • Outdoor gym / exercise • Exploring the outdoors	Nature-themed movement games (e.g. stretch like a tree, curl like a seed) Yoga poses inspired by plants Sensory circuits using natural textures (e.g. leaves, soil)	Movement games from around the world (e.g. African dance, Brazilian capoeira) Sensory circuits themed around travel and exploration Practice coordination and rhythm through cultural games
<b>Independent Living</b>	How do you keep yourself healthy – exercise, sleep, food, hygiene, medication etc	Practice daily plant care routines Sort gardening tools and label them Create a visual planting schedule Dress appropriately for gardening activities and follow hygiene routines	Pack for travel using visual checklists Sort items by country or climate (e.g. warm vs cold weather clothes) Create a travel routine chart and role play preparing for a trip
<b>Mathematics</b>	Routines / times of the day /night and day passing of time / durations of time • Weight and measurements – following recipes (using measure like cups instead of weight) • Patterns - using fruit/vegetables to make patterns	Count seeds, leaves, and petals Sort plants by size, colour, and type Sequence growth stages using tactile cards Use bar charts to show favourite plants or fruits	Match flags to countries Count travel steps and items Use bar charts to show favourite countries Sequence travel activities (e.g. booking, packing, travelling, arriving)
<b>Understanding the World</b>	<b>R.E:</b> • The role of diet in different religions • Halal and Kosher • Fasting in major religions - Ramadan and Lent • Why is vegetarianism important to Hindus, Sikhs and Buddhists • Why do many people feel strongly about being a vegetarian or vegan <b>Humanities:</b> • The importance of Mary Seacole and Florence Nightingale • The birth of the NHS • Simple History of medicine	Explore seasonal changes and farming practices Learn about plant life cycles and pollination Investigate soil and seed textures Create a class garden map and timeline of plant growth	Explore maps and landmarks Learn about climate zones and cultural traditions Compare environments and lifestyles across countries Create a class world map with photos and symbols
<b>Science</b>	Balanced and healthy diets • Journey of food through our bodies	Investigate plant needs (light, water, soil) Observe changes over time Conduct experiments with seed germination and water absorption Explore photosynthesis using simplified diagrams	Investigate habitats and weather patterns Explore materials from different regions (e.g. sand, textiles) Conduct experiments on climate effects like melting and evaporation
<b>Computing</b>	• Create an advert for the market • Create a menu • Sorting activities – drag and drop • Apps – to create a smoothie, create a stir fry, create a pizza, etc. • Discuss using technology safely, logging off, copyright – using images • Create a Christmas / greetings card to send, create a calendar with photograph on	Create a digital plant diary with photos and captions Use apps to simulate planting and track growth Make a class slideshow of plant progress and garden activities	Create a digital travel brochure with images and audio Use apps to explore countries and cultures Make a class slideshow of “Our World Tour” with narration

<p><b>Food and Nutrition</b></p>	<p>Making healthy choices • Exploring vegetables / fruits – prepare and serve a selection of simple healthy meals • Protein, dairy, and starchy foods. • Making the snacks for the market stall</p>	<p>Explore fruits and vegetables through touch, taste, and smell Prepare plant-based snacks like veggie wraps and fruit salads Discuss food origins and healthy eating</p>	<p>Explore international foods (e.g. rice, flatbreads, tropical fruits) Prepare simple cultural dishes Discuss food customs, nutrition, and mealtime routines across cultures</p>
<p><b>Expressive Art &amp; Design</b></p>	<p><b>Art:</b> • To become familiar with different styles of art techniques, printing, sculpting, collage, textile. Exploring stop start motion, through movement of body/ use of iPad • Still life drawing of fruits in style of Giuseppe Arcimboldo / Freda Kahlo <b>Music:</b> • Respond to the music in various Just Dance videos • Explore the use of natural materials to create meditative music and/or instruments. • Instruments to be used to create meditative music</p>	<p><b>Art</b> - Create nature collages, leaf prints, and flower sculptures Use natural materials for texture exploration <b>Music</b> - Compose music inspired by garden sounds (e.g. birds, wind, water)</p>	<p><b>Art</b> - Create flags and cultural crafts (e.g. masks, lanterns) Decorate classroom with international themes <b>Music</b> - Compose music inspired by global rhythms and instruments</p>

