



Explorers Curriculum
Cycle - Year 1 – Senior – Year 9

Year 1	Autumn	Spring	Summer
Topic	Keeping Healthy Key Enquiry Question: How can I be healthy?	Let is grow Key Enquiry Question: How do things grow and change?	Countries of our world Key Enquiry Question: What makes each country special?
Power of Reading	Lower Senior – Stanley's stick Upper Senior - Gorilla All - Traditional stories; Little red riding hood and other stories, 3 billy goats gruff	Lower Senior – Pet potato Upper Senior - The bee who spoke All - Poetry: The puffin book of first poems	Lower Senior – One day on our blue planet and What it's like to be a bird Upper Senior - Slug life and Hummingbird
Communication, Language and Literacy	Communication • Role play and making requests (I want, more, please, thank you) Literacy • Fiction: Michael Rosen - "Sticky Mcsticstick" • Judith Kerr – "The Tiger Who Came to Tea" • Simplified "Charlie and the Chocolate Factory" • Mr Men- "Mr Greedy" • Non- fiction: texts on going to the doctor/having an injection. • Food magazines and books on sport • Beyond words- Going into hospital- Looking after my heart. Enjoying sport and exercise. • Poems: Shel Silverstein – "Sick" • Michael Rosen - "Chocolate Cake"	Communication: Role play planting and growing, using AAC to request tools and describe changes. Colourful Semantics to label parts of a plant and describe growth stages. Talking Mats to express preferences for plants and gardening activities. Literacy: Sensory stories about gardens and growth (e.g. Jack and the Beanstalk), sequencing plant life cycles, exploring non-fiction texts about gardening, creating a class growth diary with photos and captions, reading poems about nature and growth.	Communication: Role play travel experiences (airport, train station, hotel check-in) Use AAC and Colourful Semantics to describe flags, foods, and landmarks Talking Mats: favourite countries, foods, and places Literacy: Sensory stories about global adventures Explore non-fiction texts on countries, cultures, and traditions Create a class travel journal with photos, Widgit symbols, and simple captions Read and respond to poems from different cultures
Personal, Social & Emotional Development	RSHE • 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 Work Related Learning • Look at health related jobs – people that help to keep us safe and health	RSHE: Caring for living things, recognising emotions linked to growth and change, Zones of Regulation activities using plant metaphors (e.g. 'growing calm'). Work Related Learning: Explore jobs in gardening and farming, role play as gardeners, create a 'My Garden Job' poster with symbols and photos, visit a local garden centre or allotment	RSHE: Respecting differences in culture, language, and traditions Zones of Regulation: exploring emotions linked to travel and new experiences Work Related Learning: Explore jobs in travel and tourism (pilot, hotel staff, tour guide)

			Role play travel jobs and create a “My Travel Job” poster with photos and symbols
Physical Development and Health	<p>PE • Panathlon Games – Boccia, Kurling, Polybat • Sensory Circuits, exercise area, yoga, Tacpac. • Dance and Zumba - Throwing and Jumping - Handball</p> <p>Food and Nutrition: Food preferences, exploring fruits and vegetables. • Making simple healthy snacks for themselves.</p>	<p>PE: Movement games inspired by nature (e.g. stretching like a tree, crawling like a seed), yoga poses themed around growth, sensory circuits using natural materials.</p> <p>Food & Nutrition: Exploring fruits and vegetables through touch, smell, and taste. Preparing simple plant-based snacks like fruit kebabs and vegetable wraps, sorting foods by colour and texture.</p>	<p>PE: Movement games from around the world (e.g. African dance, Brazilian capoeira, Japanese martial arts) Sensory circuits themed around travel (e.g. walking on sand, climbing mountains)</p> <p>Food & Nutrition: Sensory cooking sessions exploring international foods (e.g. rice wraps, fruit salads, flatbreads) Preparing simple dishes from different countries Sorting foods by country and taste</p>
Independent Living	<p>• Personal Care, Brushing teeth, Washing hands • Role play shopping for healthy food • Making healthy snacks</p>	<p>Daily plant care routines (watering, checking growth), sorting gardening tools by size and use, creating a visual planting schedule with Widgit symbols, dressing appropriately for gardening activities.</p>	<p>Packing for travel using visual checklists Sorting items by country or climate (e.g. warm vs cold weather clothes) Creating a travel routine chart (e.g. wake up, pack, travel, explore)</p>
Problem Solving & Reasoning	<p>Matching & sorting – healthy vs unhealthy foods • Sorting types of food (fruit/not fruit, meat/vegetable etc.) • Ordering – following simple healthy recipes • Order of the day including healthy habits e.g. brushing teeth • Putting objects related to health (e.g. toothbrushes) in size order • Sharing & counting – sharing food into groups/onto plates • Counting star jumps/some exercise</p>	<p>Sorting seeds and plants by type, matching tools to tasks, counting leaves and petals, sequencing growth stages using tactile cards, comparing plant heights and colours.</p>	<p>Matching flags to countries Sorting cultural items (e.g. clothing, food, music instruments) Counting steps in travel routines Sequencing travel activities (e.g. booking, packing, travelling, arriving)</p>
Understanding the World	<p>R.E.: • The role of diet in different religions - Halal and Kosher • Fasting in major religions - Ramadan and Lent</p> <p>Humanities: • Profile of Mary Seacole and Florence Nightingale • A simple History of the NHS acknowledging the role of overseas workers in the birth and survival of the NHS. This will link with Black History Month.</p> <p>Science: • Teeth, Diet and Digestion, sensory Science</p> <p>Computing: • Sorting activity on iPad, unplugged sorting activity, using a food choice app e.g. smoothies • Use 2Paint a Picture on Purple Mash to create image of favourite meal • Recipe sequencing task on Purple Mash – smoothie, jelly, decorate a cake, fill a lunch box, choose jacket potato filling • Make a collage of print</p>	<p>RE: Growth in religious stories (e.g. creation stories), celebrating spring festivals like Easter and Holi.</p> <p>Humanities: Seasonal changes and farming practices, exploring local gardens and green spaces.</p> <p>Science: Plant life cycles, sensory exploration of soil, seeds, and textures, observing changes over time.</p> <p>Computing: Create a digital plant diary using photos and voice recordings, use apps to track growth, make a class slideshow of plant progress.</p>	<p>RE: Celebrations around the world (e.g. Diwali, Eid, Hanukkah, Chinese New Year) Exploring religious symbols and traditions from different cultures</p> <p>Humanities: Mapping countries and identifying landmarks Exploring climate zones and how people live in different environments</p> <p>Science: Comparing habitats and weather patterns across countries Sensory exploration of materials from different regions (e.g. sand, leaves, fabrics)</p>

	outs from the activities create a Christmas / greetings card to send, create a calendar with photograph on		Computing: Create a digital travel brochure with images, audio, and text Use apps to explore countries and cultures Make a class slideshow of "Our World Tour"
Expressive Art & Design	<p>Art • To be able to explore healthy foods and the body through the work of a selection of artists • Artist to explore: Paul Cézanne, Claes Oldenburg, Giuseppe Arcimboldo, Eric Karl and Anthony Gormley • Creating prints from fruits and vegetables • Exploring the human body. Drawing around the human body and different moves and postures (Anthony Gobecca Horn)</p> <p>Music • 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>Art: Nature collages using leaves and petals, leaf printing, flower sculptures with clay, creating garden-themed murals.</p> <p>Music: Songs about growing (e.g. 'Inch by Inch'), creating nature soundscapes with instruments and natural materials, composing simple rhythms inspired by garden sounds.</p>	<p>Art: Flag making using paint, collage, and textiles Cultural crafts (e.g. African masks, Chinese lanterns, Aboriginal dot paintings)</p> <p>Music: Listening to and recreating songs and rhythms from different countries Using instruments and body percussion to explore global music styles Create a class "World Music" performance</p>

