

**Autumn 1a – Keeping Healthy
(4 weeks)**

Understanding Physical Development, Health and Wellbeing

PSHE

M1 to work independently and in groups taking on different roles and collaborating towards common goals.

I can work independently and in groups
I can take on different roles in a group

M2 to listen to, reflect on and respect other peoples views and feelings.

I can listen to other people's views
I can respect other people's feelings

M3 to recognise and respect similarities and differences between people.

I can understand and respect differences between people
I can understand and respect similarities

M7 to recognise and manage risk in their everyday activities

I know that there can be risk in everyday activities
I can manage everyday risks
I know rules for crossing the road safely
I know guidelines for keeping myself safe online

M8 to recognise how attitude, behaviour and peer pressure can influence choice and behaviour, including dealing with bullying

I know how my behaviour will influence the outcome
I know how my attitude will influence outcome
I know about peer pressure and can deal with bullying

PE

M13 to recognise ways in which stamina and flexibility can be improved through daily physical activity.

I know that daily exercise can improve my stamina
I can improve my stamina through daily exercise
I know that stretching can improve my flexibility

M14 about the relationship and balance between physical activity and nutrition in achieving a physically and mentally healthy lifestyle.

I know that physical exercise is healthy
I know that eating healthily and doing exercise keeps me mentally healthy.

M9 to develop physical skills and techniques through observation, evaluation and refinement; and to use repetition and practise to reach higher standards

I know the rules of rounders
I can use an underarm throw to throw a ball accurately
I can strike a ball with a rounders bat
I can catch a ball with both hands
I can catch a ball with one hand
I can use my body to make different shapes
I can jump and land safely
I can travel under, over and through apparatus
I can stretch and curl my body
I can hold a stretch for 5 seconds

Scientific and technological understanding

Design Technology

M1 to explore and investigate in order to collect data, analyse it and identify patterns.

I can taste and choose fillings for a sandwich.

M2 to use their knowledge and research and inform designs for functional products and plans for investigations.

I can choose from a range of breads to make my sandwich.
--

M4 to offer simple explanations for their findings.

I know how to construct a graph and explain my findings.
--

M6 to apply knowledge, skills and understanding when designing and making products using ingredients.

I can use my knowledge of ingredients to make and design a sandwich.
I can evaluate and refine my own product.
I can evaluate and suggest improvements for someone else's product.

Scientific and technological understanding

M1 to explore and investigate in order to collect data, analyse it and identify patterns

I can collect and analyse data
I can identify patterns
I can investigate the effect of a sweet drink on teeth
I can collect and analyse data

M4 to offer simple explanations for their findings

I can explain my findings simply

Identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat.

I know about the different food groups and how they make up a balanced diet.
I can compare the diets of different animals.
I can gather, record and present data.

ICT

I can operate the video functions on a camera

I understand how light, background and noise affect a video

I understand how the stability of the camera and the subject affects a video
--

I can plan a video

I can edit a video
