

	Physical Education	Science	Design and technology	Art and design	Music	PSHE
Programme of Study	<p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p> <p>Perform dances using simple movement patterns.</p>	<p>Identify and classify.</p> <p>Use their observations and ideas to suggest answers to questions.</p> <p>Perform simple tests.</p> <p>Observe closely, using simple equipment.</p> <p>Are equipped with the scientific knowledge required to understand the uses and implications of science, today and for the future.</p> <p>Describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene</p> <p>Find out how the shapes of solid objects made from some materials can be changed by squashing, bending, twisting and stretching.</p> <p>PSED Health education: Know about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.</p> <p>Know what constitutes a healthy diet (including understanding calories and other nutritional content).</p> <p>Know the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).</p> <p>Know the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.</p> <p>Know about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.</p> <p>Know about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.</p> <p>Know the risks associated with an inactive lifestyle (including obesity).</p>	<p>Explore and use mechanisms (for example, levers, sliders, wheels and axles), in their products.</p> <p>Develop the creative, technical and practical expertise needed to perform everyday tasks confidently and to participate successfully in an increasingly technological world.</p>	<p>Use a range of materials creatively to design and make products.</p>	<p>Use their voices expressively and creatively by singing songs and speaking chants and rhymes.</p> <p>Play tuned and untuned instruments musically.</p>	<p>Learn how to listen to other people and play and work cooperatively.</p> <p>Learn how to talk about and share their opinions on things that matter to them.</p> <p>Learn to recognise that not everyone feels the same at the same time, or feels the same about the same things.</p> <p>Know how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.</p>

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Year 1 Learning Intention (skills)	<p>Follow a simple route around the school grounds or a given outdoor space.</p> <p>Pat, throw, kick, stop and catch a ball.</p> <p>Practice basic running, jumping, throwing and catching techniques.</p> <p>Copy, create and remember simple movement patterns, showing awareness of rhythm.</p>	<p>Observe objects, materials, living things and changes over time, sorting and grouping them based on their features.</p> <p>Talk about what they have done and say, with help, what they think they have found out.</p> <p>With support, follow instructions to perform simple tests and begin to talk about what they might do or what might happen.</p> <p>With support, use simple equipment to measure and make observations.</p> <p>Explain why hand washing and cleanliness are important.</p>	<p>Use wheels and axles to make a simple moving model.</p> <p>Follow the rules to keep safe during a practical task.</p>	<p>Design and make art to express ideas.</p> <p>Manipulate malleable materials by squeezing, pinching, pulling, pressing, rolling, modelling, flattening, poking, squashing and smoothing.</p>	<p>Sing traditional songs, nursery rhymes and chants clearly.</p> <p>Copy a simple rhythm by clapping or using percussion. Identify and keep a steady pulse.</p>	<p>Listen to other people and play and work cooperatively.</p>

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Year 1 Knowledge	<p>Position, direction and movement can be described using the words top, middle, bottom, in front of, above, between, around, near, close, far, up, down, turn, forwards, backwards, inside, outside, left and right. There are different ways of travelling to get from one place to another, such as walking, jogging, skipping or jumping.</p> <p>Patting involves tapping a ball with open hands. Throwing involves sending a ball through the air using the hands and arms. Kicking involves sending a ball along the ground by striking it with a foot. Stopping a ball involves using a part of the body to prevent the ball from moving. Catching involves grasping a ball in two hands after it has been thrown or kicked.</p> <p>Running involves keeping your head up, pumping your arms and lifting your knees. Jumping involves starting in a crouch, swinging your arms behind your body, taking off on both feet and landing with bent knees. Throwing involves looking where you want the ball to go, stepping forward on one foot, pulling the ball back with the other hand and then pushing the ball forwards, letting go in front of you. Catching involves watching the ball and grasping it tightly with both hands.</p> <p>Different parts of the body can be used to create movements, such as stepping, stretching, skipping or crouching. Two or more movements can be ordered to create a movement pattern.</p>	<p>Objects, materials and living things can be looked at and compared.</p> <p>The results are information that has been found out from an investigation. Compared.</p> <p>Simple tests can be carried out by following a set of instructions.</p> <p>Simple equipment is used to take measurements and observations. Examples include metre sticks, measuring tapes, egg timers and hand lenses.</p> <p>Hand washing and good hygiene are important parts of a healthy lifestyle and prevent the spread of germs.</p>	<p>An axle is a rod or spindle that passes through the centre of a wheel to connect two wheels.</p> <p>Rules are made to keep people safe from danger. Safety rules include always listening carefully and following instructions, using equipment only as and when directed, wearing protective clothing if appropriate and washing hands before touching food.</p> <p>Year 2 PSED: Health education: Know about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.</p>	<p>Ideas can be created through observation (looking closely), imagination (creating pictures in the mind) and memory (remembering experiences from the past).</p> <p>Malleable materials include rigid and soft materials, such as clay, plasticine and salt dough.</p>	<p>Traditional songs, nursery rhymes and chants have been passed down to different generations using the oral tradition. They usually contain repeated rhythms or melodies, a strong pulse and rhyming words.</p> <p>A rhythm is a pattern or grouping of long and short sounds and is one of the basic elements of music. A pulse is a steady beat, like a heartbeat. People can clap or tap their feet to the pulse.</p>	<p>It is important to get along with other people. Listening to other people's points of view and compromising are essential skills in working and playing cooperatively.</p>