

	Science	Computing	Design and Technology	PSHE	Music
Programme of Study	<p>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.</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>Identify the different types of teeth in humans and their simple functions.</p> <p>Are equipped with the scientific knowledge required to understand the uses and implications of science, today and for the future.</p> <p>Report on findings from enquiries, including oral and written explanations, displays or presentations of results and conclusions.</p> <p>Use results to draw simple conclusions, make predictions for new values, suggest improvements and raise further questions.</p> <p>Use straightforward scientific evidence to answer questions or to support their findings.</p> <p>Make systematic and careful observations and, where appropriate, take accurate measurements using standard units, using a range of equipment, including thermometers and data loggers.</p> <p>Identify differences, similarities or changes related to simple scientific ideas and processes.</p> <p>Gather, record, classify and present data in a variety of ways to help in answering questions.</p> <p>Record findings using simple scientific language, drawings, labelled diagrams, keys, bar charts, and tables.</p> <p>Health Education: 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>Select, use and combine a variety of software (including internet services) on a range of digital devices to design and create a range of programs, systems and content that accomplish given goals, including collecting, analysing, evaluating and presenting data and information.</p> <p>Use technology safely, respectfully and responsibly; recognise acceptable/unacceptable behaviour; identify a range of ways to report concerns about content and contact.</p> <p>Know how information and data is shared and used online.</p> <p>Know that for most people the internet is an integral part of life and has many benefits.</p>	<p>Understand and apply the principles of a healthy and varied diet.</p> <p>Know what constitutes a healthy diet (including understanding calories and other nutritional content).</p> <p>Know the principles of planning and preparing a range of healthy meals.</p> <p>Investigate and analyse a range of existing products.</p> <p>Select from and use a wider range of materials and components, including construction materials, textiles and ingredients, according to their functional properties and aesthetic qualities.</p>	<p>Learn that bacteria and viruses can affect health; how everyday hygiene routines can limit the spread of infection; the wider importance of personal hygiene and how to maintain it.</p> <p>Learn how to maintain good oral hygiene (including correct brushing and flossing); why regular visits to the dentist are essential; the impact of lifestyle choices on dental care (e.g. sugar consumption/acidic drinks such as fruit juices, smoothies and fruit teas; the effects of smoking).</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>Learn about the elements of a balanced, healthy lifestyle.</p> <p>Learn about choices that support a healthy lifestyle, and recognise what might influence these.</p> <p>Learn about what good physical health means; how to recognise early signs of physical illness.</p> <p>Know that mental wellbeing is a normal part of daily life, in the same way as physical health.</p> <p>Know the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.</p> <p>Know simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.</p> <p>Know how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body.</p>	<p>Play and perform in solo and ensemble contexts, using their voices and playing musical instruments with increasing accuracy, fluency, control and expression.</p>

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Year 4 Learning Intention (skills)	<p>Describe what damages teeth and how to look after them.</p> <p>Identify the four different types of teeth in humans and other animals, and describe their functions</p> <p>Identify the four different types of teeth in humans and other animals, and describe their functions.</p> <p>Use scientific vocabulary to report and answer questions about their findings based on evidence collected, draw simple conclusions and identify next steps, improvements and further questions.</p> <p>Begin to choose which observations to make and for how long and make systematic, careful observations and comparisons, identifying changes and connections.</p> <p>Gather, record, classify and present observations and measurements in a variety of ways (pictorial representations, timelines, diagrams, keys, tables, charts and graphs).</p>	<p>Manipulate a range of text, images, sound or video clips and animation for given purposes.</p> <p>Use digital technology in different ways in the classroom, home and community to achieve a set goal.</p>	<p>Design a healthy snack or packed lunch and explain why it is healthy.</p> <p>Create and complete a comparison table to compare two or more products.</p> <p>Choose from a range of materials, showing an understanding of their different characteristics.</p>	<p>Discuss how individuals can become responsible for their personal hygiene and the consequences of neglecting personal hygiene.</p> <p>Discuss the concept of a balanced, healthy lifestyle and the benefits of having good physical health.</p>	<p>Play or sing music from notation and memory, with increasing accuracy, fluency, control and expression.</p>
Year 4 Knowledge	<p>Regular teeth brushing, limiting sugary foods and visiting the dentist are important for good oral hygiene.</p> <p>There are four different types of teeth: incisors, canines, premolars and molars. Incisors are used for cutting. Canines are used for tearing. Premolars and molars are used for grinding and chewing. Carnivores, herbivores and omnivores have characteristic types of teeth. Herbivores have many large molars for grinding plant material. Carnivores have large canines for killing their prey and tearing meat.</p> <p>Results are information, such as data or observations, that have been found out from an investigation. A conclusion is the answer to a question that uses the evidence collected.</p> <p>An observation involves looking closely at objects, materials and living things. Observations can be made regularly to identify changes over time.</p> <p>Data can be recorded and displayed in different ways, including tables, charts, graphs, keys and labelled diagrams.</p>	<p>Manipulating a range of text, images, sound or video clips and animation may include changing their style, size, colour, effect, shape, location or format.</p> <p>Digital technology can be used in different ways and settings to achieve a specific goal, such as using data collection in the community and home to answer a classroom based question.</p>	<p>Healthy snacks include fresh or dried fruit and vegetables, nuts and seeds, rice cakes with low-fat cream cheese, homemade popcorn or chopped vegetables with hummus. A healthy packed lunch might include a brown or wholemeal bread sandwich containing eggs, meat, fish or cheese, a piece of fresh fruit, a low-sugar yoghurt, rice cake or popcorn and a drink, such as water or semi-skimmed milk.</p> <p>A comparison table can be used to compare products by listing specific criteria on which each product can be judged or scored.</p> <p>Different materials and components have a range of properties, making them suitable for different tasks. It is important to select the correct material or component for the specific purpose, depending on the design criteria. Recipe ingredients have different tastes and appearances. They look and taste better and are cheaper when in season.</p>	<p>Personal hygiene involves keeping yourself clean and preserving health. This can include showering or bathing regularly, using deodorant, flossing and brushing teeth twice a day and changing clothes regularly. Neglecting personal hygiene can result in poor dental hygiene, unpleasant body odour and the spread of diseases.</p> <p>A balanced lifestyle involves regular exercise, a healthy diet, rest, good dental hygiene, fulfilling relationships and a variety of activities and experiences. These contribute towards having good physical and mental health. Recognising early signs of physical illness can include changes in appetite, weight loss or gain, tiredness or weakness, consistent pain or changes to mental health.</p>	<p>Identifying the pitch and length of notes, observing rests and responding to dynamic marking, such as <i>p</i> or <i>f</i> will increase the accuracy, fluency, control and expression of a performance.</p>