Medium Term Plan Year 1 Term Summer 2022/2023 Topic Title: Healthy Hearts and Minds

	Suggested Activities	Enrichment	Writing	Numeracy-	ICT-	Assessment
		Activities	Opportunities	Application of skills	Application of skills	
Science	Exploring the 5 senses Investigate the food and sort into healthy and unhealthy. Investigate heart rate before and after exercise. Structure of different animals. Look at sources of light and understand that	Fruit tasting, using different senses. Make a healthy smoothie Trip to the park - Carry out various activities to increase heart rate and look at the effect on our bodies. Visit from Dogs trust. Shadow puppets.	Read The Disgusting Sandwich and create their own disgusting sandwich to describe. Write a letter to promote a healthy sandwich. Read Supertato and write a newspaper report about the going ons. Write an advice leaflet on caring for	Use tables and data handling to show favourite fruit Measuring and weighing making smoothies.	Record data in a graph Explore how to control devices and use simple programs to carry out a simple procedure.	
STEM	darkness is the absence of light. Conduct an investigation on the impact of an absence of light.	Summer- observe how the leaves have changed over the course of the seasons.	animals. Describing the changes between seasons.			
			Describe the impact light has on our lives. Evaluating investigation on absence of light.			
History	Looking at a significant event in the past - The Great Fire of London	Visit from the fire brigade	Ordering/sequencin g activities. Reports about the event.	Ordering times and dates	Online games	

			Read Firecat			
Geography	Conducting a litter survey. Using maps of our local area with simple compass directions. Create our own maps with a key.	Orienteering - using a map at the local park. Litter survey around the school grounds and local area.	New vocabulary Visit to the library Draw and label own map of local area. Recording, concluding and evaluating where most litter was found and why we think that was.	Compass directions.	Google Earth/ Street view. Google Maps.	
Art	Use a range of materials creatively to produce some still life illustrations.	Paint in the style of Jos van Riswick.	Study of Jos van Riswick.		Using different painting techniques.	
Music	Use our voices to show expression and percussion instruments to create different effects	Learning songs for end of term assembly.	Writing lyrics	Writing music/counting beats	Use of percussion instruments.	
D/T	Design a healthy and unhealthy sandwich. Design and make a healthy smoothie	Design a healthy sandwich. Discuss what makes a sandwich healthy. Trip to Jarrow School to make smoothies	Use persuasive language based on the story of The Disgusting Sandwich Use adjectives to describe sandwiches	Weighing fruit and vegetables.		

PE	Ball skills			Spatial awareness		
RE	See separate plans	Visit into school from reverend.				
PHCE	Reflect and evaluate personal choices	Plan and implement strategies for healthy living	Diary	Measuring and weighing food Fractions	Research	
ICT	Explore how to control devices and use simple programs to carry out a simple procedure Introduction to Animation	Bee Bot loan Visit to the Open Zone	Writing simple instructions	Estimating and measuring distance.		
Global Links	Forest fires. Impact climate has on fires in the worlds. Where are they happening and why?	Has health declined over time? Why? Where are the unhealthiest places in the world and why?				

Career Links	Fire Brigade visit - chn to	
	interview.	
	Dogs Trust visit (as above).	
	Library visit- day in the life	
	of a librarian, what skills	
	are involved?	