

# Ideas Organiser Y1 T1: Superhero Me!



## Knowledge:

- We have five senses: sight, hearing, touch, taste, smell.
- We use our eyes to see, our ears to hear, our fingers to touch, our tongues to taste and our noses to smell.
- Our senses send messages to our brains.
- To lead a healthy lifestyle, you must eat a balanced diet and exercise regularly.
- Name different materials and describe their properties.



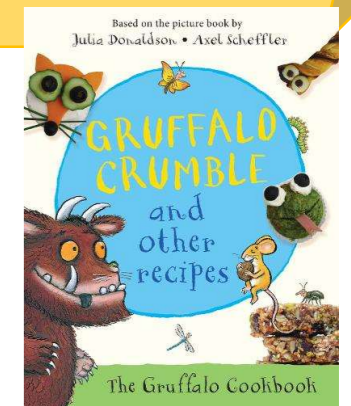
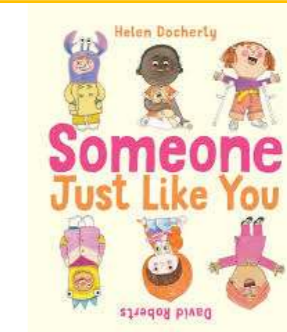
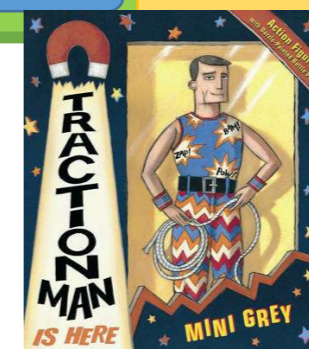
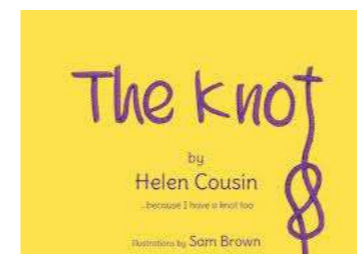
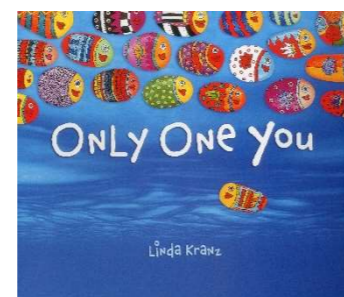
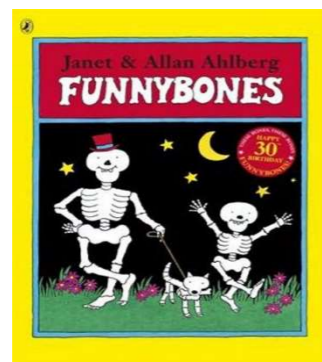
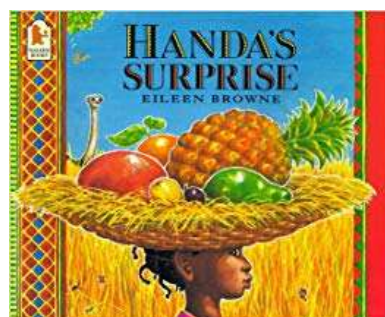
## Vocabulary and background knowledge:

<b>Senses</b>	Five ways that allow us to observe and understand the world around us.
<b>Healthy</b>	Eating well, being physically active and mentally sound.
<b>Exercise</b>	Moving your body in various ways to keep fit.
<b>Heart</b>	A muscle to the left of your chest that sends blood around your body. Blood provides your body with oxygen and nutrients.
<b>Diet</b>	The food and drink that we consume.
<b>Nutrients and vitamins</b>	Substances that are needed for healthy growth and development.
<b>Protein</b>	A type of nutrient found in meat.
<b>Carbohydrate</b>	A substance rich in energy such as starch or sugar.
<b>Dairy</b>	ie. Milk, cheese, yoghurt.
<b>Skeleton</b>	The bones of the body.
<b>Material</b>	What something is made out of.
<b>Object</b>	Item made out of a material.
<b>Properties</b>	The characteristics of a material.
Science: Observe, grouping, sorting, same, different, measure, data, record results, investigate, test.	

## Skills:

Cutting skills, labelling, basic food prep, Sci investigation skills: Identifying and classifying & Comparative testing

## Recommended Reads:



### Making Links:

#### **Mathematical:**

Measure vocabulary (comparisons)

Counting skills

#### **PE:**

Invasion games & Gymnastics

#### **Healthy Lifestyles:**

<https://www.nhs.uk/change4life/activities/disney-sports-quiz>

### British Values

**Rule of law**- classroom rules

**Mutual Respect** – respecting different families, skills, tastes and interests



### Values & attitudes we can always show in this project:



There's only one you in this great big world.  
Make it a better place.



### Quality Outcomes & Experiences:

- Making healthy fruit kebabs/pizza – linked to Literacy (recipe from Gruffalo Crumble)
- Straw Funny Bones skeleton pictures
  - Family tree project

### The World beyond our doorstep...

Local

- Exploring our senses around the school.

National

- Where does our food come from?

International

- Comparing our lifestyle to Handa's.
- How can you make the world a better place?