

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.



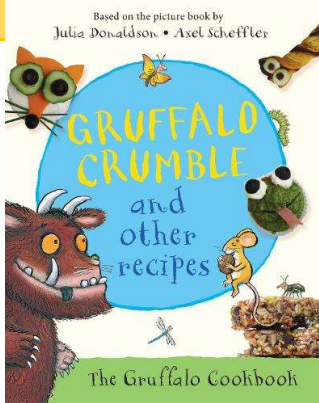
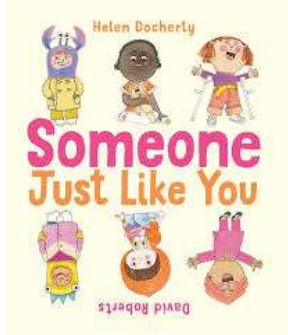
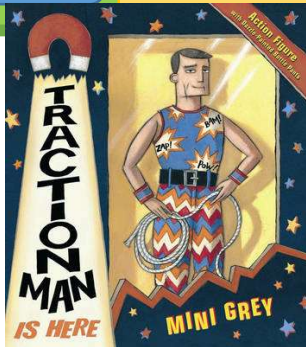
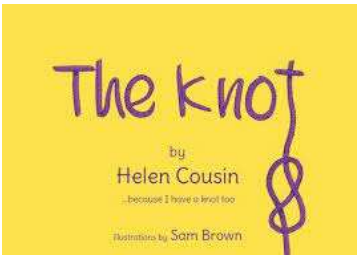
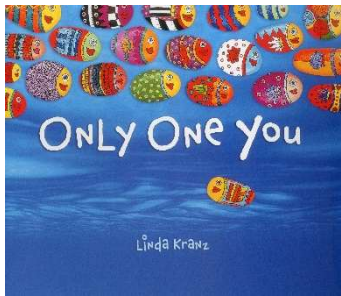
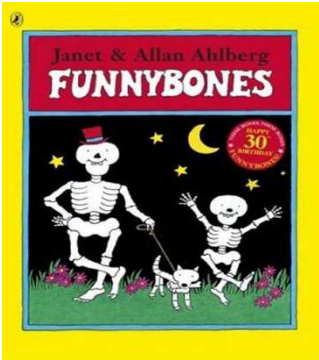
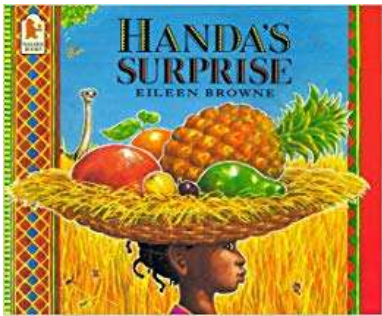
Vocabulary and background knowledge:

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