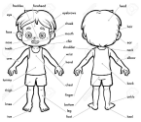
The Sense-ational Human Body





YEAR: 2026
TERM: Autumn 2
YEAR GROUP: 1

Rationale/Hook
Are you a Footballer? Gymnast? Dancer? Runner? Do you love trampolining, karate, riding your bike, playing at the park or skipping? A professional female footballer is asking Year 1 children if they can help to promote a healthy lifestyle and educate others on the importance of exercise. We will look at how important this is for our bodies, along with food, air and water. We will delve into the senses, learning which part of the body is associated with each sense. We will begin to work scientifically to carry out simple tests to understand our senses better, developing our skills of observations and asking questions.

Lead Subject: Science
In these 5 weeks, we will become science experts identifying, naming, drawing and labelling the basic parts of the human body and we will learn which body parts are associated with each sense. Children will use their senses to compare different textures, sounds and smells and understand how each sense works. Linking with our lead subject of PE, we will look at the importance of exercise and how eating a balanced diet can help this.

Lead Subject: English
Throughout this project, we will be focussing on developing our letter formation through our Kinetic Letters handwriting programme. We will be using a range of high-quality fiction and non-fiction texts to understand more about eating a balanced diet and our senses, using this information to help us with our writing. Continuing on from last half term, we will be focussing heavily on sentence structure ensuring our sentences include capital letters, finger spaces and full stops. We will continue learning more Phase 5 sounds in our phonics, focussing on including some of these in our writing.

Lead Subject: PE
We will kick start our project with PE Sports Spectacular activities! To learn how our bodies work we will begin by looking at different movements and exercises that make parts of our body feel a certain way. How does exercise affect our pulse? How does it affect our breathing? To begin to make the links between regular exercise and a balanced diet, we will learn about what an ideal healthy plate might look like. We reiterate to the children that ALL foods can be part of a balanced diet.

Applied Subject: Computing
For computing this half term, we will be focussing on coding and programming. We will be programming our Blue-bots using an iPad to follow a short algorithm and using Busy Things coding games to further develop our skills.

Applied Subject: PDL
We will be learning how to recognise, value and celebrate difference as well as thinking more about who our special people are to us.

School Values:
For this project we will be focussing on the values of **resilience** and **growth**. We will consider how we can become resilient when being active and how we can grow as learners about how our body works and become more aware of how our bodies need food and exercise.

Maths
We will be further developing our place value knowledge, focussing on numbers 0-10. We will use this knowledge of the composition of these numbers to solve addition and subtraction problems.

Outcome
The children will be holding a Sense-ational Human Body exhibition for the adults in Year 1. They will be explaining and showcasing their new knowledge and giving the adults tips on how to lead a healthy lifestyle.

Home learning
To promote leading an active lifestyle, for the home learning children will create a poster of 5 different ways they have been active. More details will be sent home in book bags.

Discrete: PE
Indoor PE: Yoga Outdoor PE: Fundamental Movement Skills

5 weeks
Apple Blossom and Cherry Blossom Class

Discrete: RE:
Jesus' Birthday

Discrete:
Phonics

Discrete
Handwriting