

# The Sense-ational Human Body



**YEAR: 2023**  
**TERM: Autumn 1**  
**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 of the importance of looking after our bodies. To know how to promote a healthy lifestyle, we need to understand how our sensational human body really works. We must consider how particular body parts move and work so that we can be active and how our senses allow us to experience the world around us. We will delve into the senses, learning how they work and begin to work scientifically to compare how our reaction to the senses can change and adapt over time.

### 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 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 continue to develop our handwriting and letter formation. We will delve into how each sense works, learning facts and scientific vocabulary to form a senses booklet. Using our new understanding of the senses, we will participate in a sensory experience and go on to write a short recount of our experiences and how we felt during this. We will build a bank of adjectives to describe what we saw, heard, smelt, tasted and how we felt.

### 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 this project in computing we will be using the iPads to record our own digital content in the form of a fitness video. We will also begin to discuss the importance of using technology safely.

### 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 doing our Park Gate 10 daily run and how we can grow as learners about how our body works and become more aware of how our bodies need food and exercise.

## Applied Subject: PDL

We will continue to learn about ourselves and our relationships, thinking about our feelings and emotions.

### Maths

We will be continuing to work on our place value skills up until half term, looking at one more and one less than any number. We will begin to learn how to count in multiples of twos, using our skills of fluency, reasoning and problem solving to show this. We will delve into addition and subtraction, using a variety of pictorial representations to help us solve a variety of 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 can be found in the homework booklet.

### Discrete: PE

Indoor PE: Gymnastics Outdoor PE: Target Games

**Discrete:**  
Phonics

**Discrete**  
Handwriting



Apple Blossom and Cherry Blossom Class

4 weeks

**Discrete: RE:**  
Harvest - Sukkot