

Programmes of Study

Key Stage 1, September 2012

Dear Teacher,

The activities listed are matched to some relevant Programmes of Study in KS 1 specific to the suggested activities in your Teacher's Lesson Plan. Some of the activities include printable resources available on the DVD and are highlighted for your reference.

*We hope you enjoy and welcome your feedback.
Good luck!*

SHARE THE NHS EXPLORER CHILDRENS GUIDE BOOK

PSHE AND CITIZENSHIP - Developing confidence and responsibility and making the most of their abilities.

1b. to share their opinions on things that matter to them and explain their views

PSHE AND CITIZENSHIP - Preparing to play an active role as citizens

2c. to recognize choices they can make, and recognize the difference between right and wrong.

2f. that they belong to various groups and communities, such as family and school

PSHE AND CITIZENSHIP - Developing a healthy safer lifestyle

3a how to make simple choices that improve their health and wellbeing

3b. to maintain personal hygiene

3c how some diseases spread and can be controlled

3d. about the process of growing from young to old and how peoples needs change.

3f. that all household products, including medicines, can be harmful if not used properly.

3g. rules for, and ways of, keeping safe, including basic road safety, and about people who can help them to stay safe.

PSHE AND CITIZENSHIP - Developing good relationships and respecting the differences between people.

4d. that family and friends should care for each other.

4e. that there are different types of teasing and bullying, that bullying is wrong, and how to get help to deal with bullying.

INTRO ACTIVITY - WATCH THE VIDEO CLIPS

PHSE AND CITIZENSHIP - Developing confidence and responsibility and making the most of their abilities.

- 1b. to share their opinions on things that matter to them and explain their views
- 1d. to think about themselves, learn from their experiences and recognize what they are good at

PSHE - Preparing to play an active role as citizens

- 2a to take part in discussions with one other person and the whole class
- 2b. to take part in simple debate about topical issues
- 2c. to recognize choices they can make
- 2e to realize that people and other living things have needs, and that they have responsibilities to meet them
- 2f. that they belong to various groups and communities, such as family and school

PSHE AND CITIZENSHIP - Developing a healthy safer lifestyle

- 3a how to make simple choices that improve their health and wellbeing
- 3b. to maintain personal hygiene
- 3c how some diseases spread and can be controlled
- 3d. about the process of growing from young to old and how peoples needs change.
- 3f. that all household products, including medicines, can be harmful if not used properly.
- 3g. rules for, and ways of, keeping safe, ...and about people who can help them to stay safe.

PSHE AND CITIZENSHIP - Developing good relationships and respecting the differences between people.

- 4a. to recognize how their behaviour affects other people
- 4b. to listen to other people, and play and work cooperatively
- 4c. to identify and respect the differences and similarities between people.
- 4d. that family and friends should care for each other.

ICT - Finding things out

- 1a. gather information from a variety of sources [for example, people, books, databases, CD-ROMs, videos and TV]

PHYSICAL EDUCATION - Knowledge and understanding of fitness and health

- 4a. how important it is to be active.
- 4b. to recognize and describe how their bodies feel during different activities.

SCIENCE - Sc2 Life processes and living things; Humans and other animals.

- Sc2b. that humans and other animals need food and water to stay alive.
- Sc2c. That taking exercise and eating the right types and amounts of food help humans to keep healthy.
- Sc2d. About the role of drugs as medicines.

HOW TO STAY HEALTHY AND FIT

PSHE AND CITIZENSHIP - Developing confidence and responsibility and making the most of their abilities.

1a to recognize what they like and dislike, what is fair and unfair, and what is right and wrong.

1b. to share their opinions on things that matter to them and explain their views

1d. to think about themselves, learn from their experiences and recognize what they are good at

1e. how to set simple goals

PSHE AND CITIZENSHIP - Preparing to play an active role as citizens

2a to take part in discussions with one other person and the whole class

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PSHE AND CITIZENSHIP - Developing a healthy safer lifestyle

3a how to make simple choices that improve their health and wellbeing

3b. to maintain personal hygiene

3c how some diseases spread and can be controlled

3e. the names of the main parts of the body

3f. that all household products, including medicines, can be harmful if not used properly.

3g. rules for, and ways of, keeping safe, including basic road safety, and about people who can help them to stay safe.

PSHE AND CITIZENSHIP - Developing good relationships and respecting the differences between people.

4a. to recognize how their behaviour affects other people

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4c. to identify and respect the differences and similarities between people.

4d. that family and friends should care for each other.

4e. that there are different types of teasing and bullying, that bullying is wrong, and how to get help to deal with bullying.

PHYSICAL EDUCATION - Knowledge and understanding of fitness and health

a. how important it is to be active.

b. to recognize and describe how their bodies feel during different activities.

SCIENCE. - Sc2 Life processes and living things; Humans and other animals.

2a. to recognize and compare the main external parts of the bodies of humans and other animals,

2b. that humans and other animals need food and water to stay alive.

2c. That taking exercise and eating the right types and amounts of food help humans to keep healthy.

2d. About the role of drugs as medicines.

2g. About the senses that enable humans and other animals to be aware of the world around them.

DESIGN AND TECHNOLOGY - Working with tools, equipment, materials and components to make quality products

2f. follow safe procedures for food safety and hygiene.

JUNGLE PICNIC - I went to the jungle and took...

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PSHE AND CITIZENSHIP - Developing good relationships and respecting the differences between people.

4a. to recognize how their behaviour affects other people

4b. to listen to other people, and play and work cooperatively

CHILDREN'S OWN EXPERIENCES

PSHE AND CITIZENSHIP - Developing confidence and responsibility and making the most of their abilities.

1c. to recognize, name and deal with their feelings in a positive way.

1d. to think about themselves, learn from their experiences and recognize what they are good at

PSHE AND CITIZENSHIP - Preparing to play an active role as citizens

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4d. that family and friends should care for each other.

SCIENCE - Sc2 Life processes and living things; Humans and other animals.

2a. to recognize and compare the main external parts of the bodies of humans ...

2b. that humans and other animals need food and water to stay alive.

2c. That taking exercise and eating the right types and amounts of food help humans to keep healthy.

2d. About the role of drugs as medicines.

2g. About the senses that enable humans and other animals to be aware of the world around them.

HOW DOES IT FEEL TO BE POORLY? – List Poem

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4d. that family and friends should care for each other.

PHYSICAL EDUCATION - Knowledge and understanding of fitness and health

4b. to recognize and describe how their bodies feel during different activities.

SCIENCE. - Sc2 Life processes and living things; Humans and other animals

2a. to recognize and compare the main external parts of the bodies of humans and other animals,

2d. About the role of drugs as medicines.

2g. About the senses that enable humans and other animals to be aware of the world around them.

SIGN YOUR NAME

PSHE AND CITIZENSHIP - Developing confidence and responsibility and making the most of their abilities

1d. to think about themselves, learn from their experiences and recognize what they are good at

1e. how to set simple goals

PSHE AND CITIZENSHIP - Preparing to play an active role as citizens

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MONKEY'S MISHAP – Never ending story

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PHYSICAL EDUCATION - Knowledge and understanding of fitness and health

4a. how important it is to be active.

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SCIENCE - Sc2 Life processes and living things; Humans and other animals.

2a. to recognize and compare the main external parts of the bodies of humans and other animals,

2b. that humans and other animals need food and water to stay alive.

2c. That taking exercise and eating the right types and amounts of food help humans to keep healthy.

2d. About the role of drugs as medicines.

2e. How to treat animals with care and sensitivity.

2f. That humans and other animals can produce offspring and that these offspring grow into adults

2g. About the senses that enable humans and other animals to be aware of the world around them.

ICT - Knowledge, skills and understanding - Finding things out

1b. enter and store information in a variety of forms

ICT - Developing ideas and making things happen

2c. how to plan and give instructions to make things happen

ICT - Exchanging and sharing information

3a. how to share their ideas by presenting information in a variety of forms

3b. to present their completed work effectively

ICT - Reviewing, modifying and evaluating work as it progresses

4a. review what they have done to help them develop their ideas

4b. describe the effects of their actions

NAMING PARTS OF THE BODY

PSHE AND CITIZENSHIP - Preparing to play an active role as citizens

2a. to take part in discussions with one other person and the whole class

PSHE AND CITIZENSHIP - Developing good relationships and respecting the differences between people.

4a. to recognize how their behaviour affects other people

4b. to listen to other people, and play and work cooperatively

SCIENCE. - Sc2 Life processes and living things; Humans and other animals.

2a. to recognize and compare the main external parts of the bodies of humans and other animals.

SORT FOODS INTO 5 FOOD GROUPS

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PSHE AND CITIZENSHIP - Developing a healthy safer lifestyle

3a how to make simple choices that improve their health and wellbeing

SCIENCE. - Sc2 Life processes and living things; Humans and other animals.

2c. That taking exercise and eating the right types and amounts of food help humans to keep healthy.

DESIGN AND TECHNOLOGY - Working with tools, equipment, materials and components to make quality products

2f. follow safe procedures for food safety and hygiene.

HOW TO STAY HEALTHY AND FIT

Other Ideas - TO PROMOTE ACTIVE LIFESTYLE FOR HOME AND SCHOOL

Other Ideas - TO PROMOTE HEALTHY EATING AT HOME AND SCHOOL

COOKING

HOMEWORK

PSHE AND CITIZENSHIP - Developing confidence and responsibility and making the most of their abilities.

1a to recognize what they like and dislike, what is fair and unfair, and what is right and wrong.

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1d. to think about themselves, learn from their experiences and recognize what they are good at

1e. how to set simple goals

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2f. that they belong to various groups and communities, such as family and school

2h. to contribute to the life of the class and school.

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2f follow safe procedures for food safety and hygiene

PE LESSON – Get your heart pumping

PSHE AND CITIZENSHIP - Developing confidence and responsibility and making the most of their abilities.

1c. to recognize, name and deal with their feelings in a positive way.

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2a. to recognize and compare the main external parts of the bodies of humans and other animals,

2c. That taking exercise and eating the right types and amounts of food help humans to keep healthy.

DANCE LESSON – Dance your way to fitness

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2a. to recognize and compare the main external parts of the bodies of humans and other animals,

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CREATE A PHOTO DISPLAY

PSHE AND CITIZENSHIP - Developing confidence and responsibility and making the most of their abilities.

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PSHE AND CITIZENSHIP - Developing a healthy safer lifestyle

3g. rules for, and ways of, keeping safe, including basic road safety, and about people who can help them to stay safe.

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4a. to recognize how their behaviour affects other people

4b. to listen to other people, and play and work cooperatively

ICT - Knowledge, skills and understanding - Finding things out

1a. gather information from a variety of sources [for example, people, books, databases, CD-ROMs, videos and TV]

1b. enter and store information in a variety of forms [for example, storing information in a prepared database, saving work]

1c. retrieve information that has been stored

ICT - Developing ideas and making things happen

2a. to use text, tables, images and sound to develop their ideas

2b. how to select from and add to information they have retrieved for particular purposes

2c. how to plan and give instructions to make things happen [for example, programming a floor turtle, placing instructions in the right order]

2d. to try things out and explore what happens in real and imaginary situations [for example, trying out different colours on an image, using an adventure game or simulation].

ICT - Exchanging and sharing information

3a. how to share their ideas by presenting information in a variety of forms [for example, text, images, tables, sounds]

3b. to present their completed work effectively [for example, for public display].

ICT - Reviewing, modifying and evaluating work as it progresses

4a. review what they have done to help them develop their ideas

4b. describe the effects of their actions

4c. talk about what they might change in future work.

“READ ALL ABOUT IT!”

PSHE AND CITIZENSHIP - Developing confidence and responsibility and making the most of their abilities.

1b. to share their opinions on things that matter to them and explain their views

PSHE AND CITIZENSHIP - Preparing to play an active role as citizens

2a. to take part in discussions with one other person and the whole class

2d. to agree and follow rules for their group and classroom, and understand how rules help them.

2h. to contribute to the life of the class and school.

PSHE AND CITIZENSHIP - Developing a healthy safer lifestyle

3g. rules for, and ways of, keeping safe, including basic road safety, and about people who can help them to stay safe.

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INTERVIEW A HEALTH CARE PROFESSIONAL

PSHE AND CITIZENSHIP - Developing confidence and responsibility and making the most of their abilities.

- 1b. to share their opinions on things that matter to them and explain their views
- 1c. to recognize, name and deal with their feelings in a positive way.
- 1d. to think about themselves, learn from their experiences and recognize what they are good at
- 1e. how to set simple goals

PSHE AND CITIZENSHIP - Preparing to play an active role as citizens

- 2a. to take part in discussions with one other person and the whole class
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- 2e. to realize that people and other living things have needs, and that they have responsibilities to meet them
- 2f. that they belong to various groups and communities, such as family and school
- 2h. to contribute to the life of the class and school.

PSHE AND CITIZENSHIP - Developing good relationships and respecting the differences between people.

- 4a. to recognize how their behaviour affects other people
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CREATE A “MONKEY’S MISHAP” COMIC STRIP

PSHE AND CITIZENSHIP - Developing confidence and responsibility and making the most of their abilities.

1d. to think about themselves, learn from their experiences and recognize what they are good at

PSHE AND CITIZENSHIP - Preparing to play an active role as citizens

2e to realize that people and other living things have needs, and that they have responsibilities to meet them

PSHE AND CITIZENSHIP - Developing a healthy safer lifestyle

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SCIENCE - Sc2 Life processes and living things; Humans and other animals.

2a. to recognize and compare the main external parts of the bodies of humans and other animals,

2b. that humans and other animals need food and water to stay alive.

2d. About the role of drugs as medicines.

2e. How to treat animals with care and sensitivity.

2g. About the senses that enable humans and other animals to be aware of the world around them.

WHAT'S HAPPENED TO YOU?

PSHE AND CITIZENSHIP - Developing confidence and responsibility and making the most of their abilities.

- 1b. to share their opinions on things that matter to them and explain their views
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PSHE AND CITIZENSHIP - Preparing to play an active role as citizens

- 2f. that they belong to various groups and communities, such as family and school

PSHE AND CITIZENSHIP - Developing a healthy safer lifestyle

- 3e. the names of the main parts of the body
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- 2g. About the senses that enable humans and other animals to be aware of the world around them.

A PICTURE PAINTS A THOUSAND WORDS

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DOCTOR! DOCTOR! ROLE PLAY WITH MONKEY

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4c. to identify and respect the differences and similarities between people.

4d. that family and friends should care for each other.

4e. that there are different types of teasing and bullying, that bullying is wrong, and how to get help to deal with bullying.

SORTING SCENARIO CARDS

PSHE AND CITIZENSHIP - Developing confidence and responsibility and making the most of their abilities

1a to recognize what they like and dislike, what is fair and unfair, and what is right and wrong.

1b. to share their opinions on things that matter to them and explain their views

1c. to recognize, name and deal with their feelings in a positive way.

1d. to think about themselves, learn from their experiences and recognize what they are good at

PSHE AND CITIZENSHIP - Preparing to play an active role as citizens

2a to take part in discussions with one other person and the whole class

2b. to take part in simple debate about topical issues

2c. to recognize choices they can make, and recognize the difference between right and wrong.

2d. to agree and follow rules for their group and classroom, and understand how rules help them.

2e to realize that people and other living things have needs, and that they have responsibilities to meet them

2f. that they belong to various groups and communities, such as family and school

2h. to contribute to the life of the class and school.

PSHE AND CITIZENSHIP - Developing a healthy safer lifestyle

3b. to maintain personal hygiene

3c how some diseases spread and can be controlled

3d. about the process of growing from young to old and how peoples needs change.

3e. the names of the main parts of the body

3f. that all household products, including medicines, can be harmful if not used properly.

3g. rules for, and ways of, keeping safe, including basic road safety, and about people who can help them to stay safe.

PSHE AND CITIZENSHIP - Developing good relationships and respecting the differences between people.

4b. to listen to other people, and play and work cooperatively

4c. to identify and respect the differences and similarities between people.

4d. that family and friends should care for each other.

4e. that there are different types of teasing and bullying, that bullying is wrong, and how to get help to deal with bullying.

SCIENCE. - Sc2 Life processes and living things; Humans and other animals.

2a. to recognize and compare the main external parts of the bodies of humans and other animals,

2d. About the role of drugs as medicines.

2g. About the senses that enable humans and other animals to be aware of the world around them.

PROMOTE AN ACTIVE LIFESTYLE

PROMOTE HEALTHY EATING AT HOME

HOMEWORK IN THE GARDEN

PSHE AND CITIZENSHIP - Developing confidence and responsibility and making the most of their abilities.

1a to recognize what they like and dislike, what is fair and unfair, and what is right and wrong.

1b. to share their opinions on things that matter to them and explain their views

1d. to think about themselves, learn from their experiences and recognize what they are good at

1e. how to set simple goals

PSHE AND CITIZENSHIP - Preparing to play an active role as citizens

2a to take part in discussions with one other person and the whole class

2b. to take part in simple debate about topical issues

2c. to recognize choices they can make, and recognize the difference between right and wrong.

2d. to agree and follow rules for their group and classroom, and understand how rules help them.

2e to realize that people and other living things have needs, and that they have responsibilities to meet them

2f. that they belong to various groups and communities, such as family and school

2h. to contribute to the life of the class and school.

PSHE AND CITIZENSHIP - Developing a healthy safer lifestyle

3a how to make simple choices that improve their health and wellbeing

3b to maintain personal hygiene

3c how some diseases spread and can be controlled

3d about the process of growing from young to old and how peoples needs change

3f that all household products, including medicines, can be harmful if not used properly.

3g. rules for, and ways of, keeping safe, including basic road safety, and about people who can help them to stay safe.

PHYSICAL EDUCATION - Knowledge and understanding of fitness and health

4a. how important it is to be active.

4b. to recognize and describe how their bodies feel during different activities.

SCIENCE – SC2 Life processes and living things; Humans and other animals.

2b that humans and other animals need food and water to stay alive

2c that taking exercise and eating the right types and amounts of food helps humans to keep healthy

2d about the role of drugs as medicines

2g. About the senses that enable humans and other animals to be aware of the world around them.

DESIGN AND TECHNOLOGY - Working with tools, equipment, materials and components to make quality products

2f follow safe procedures for food safety and hygiene

MAKE YOUR OWN FILM

PSHE AND CITIZENSHIP - Developing confidence and responsibility and making the most of their abilities.

- 1b. to share their opinions on things that matter to them and explain their views
- 1c. to recognize, name and deal with their feelings in a positive way.
- 1d. to think about themselves, learn from their experiences and recognize what they are good at
- 1e. how to set simple goals

PSHE AND CITIZENSHIP - Preparing to play an active role as citizens

- 2a. to take part in discussions with one other person and the whole class
- 2b. to take part in simple debate about topical issues
- 2c. to recognize choices they can make, and recognize the difference between right and wrong.
- 2d. to agree and follow rules for their group and classroom, and understand how rules help them.
- 2e. to realize that people and other living things have needs, and that they have responsibilities to meet them
- 2f. that they belong to various groups and communities, such as family and school
- 2h. to contribute to the life of the class and school.

PSHE AND CITIZENSHIP - Developing good relationships and respecting the differences between people.

- 4a. to recognize how their behaviour affects other people
- 4b. to listen to other people, and play and work cooperatively
- 4c. to identify and respect the differences and similarities between people.
- 4d. that family and friends should care for each other.
- 4e. that there are different types of teasing and bullying, that bullying is wrong, and how to get help to deal with bullying.

ICT - Knowledge, skills and understanding - Finding things out

- 1a. gather information from a variety of sources [for example, people, books, databases, CD-ROMs, videos and TV]
- 1b. enter and store information in a variety of forms [for example, storing information in a prepared database, saving work]
- 1c. retrieve information that has been stored

ICT - Developing ideas and making things happen

- 2a. to use text, tables, images and sound to develop their ideas
- 2b. how to select from and add to information they have retrieved for particular purposes
- 2c. how to plan and give instructions to make things happen [for example, programming a floor turtle, placing instructions in the right order]
- 2d. to try things out and explore what happens in real and imaginary situations [for example, trying out different colours on an image, using an adventure game or simulation].

ICT - Exchanging and sharing information

- 3a. how to share their ideas by presenting information in a variety of forms [for example, text, images, tables, sounds]
- 3b. to present their completed work effectively [for example, for public display].

ICT - Reviewing, modifying and evaluating work as it progresses

- 4a. review what they have done to help them develop their ideas
- 4b. describe the effects of their actions
- 4c. talk about what they might change in future work.