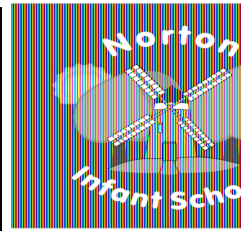


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In Spring 2023, KS1 will answer the guiding question - What can I do to be the Healthiest Version of Me?

Case Studies

CS1 - Music	In our music case study children will learn how to express themselves and how to use their bodies and instruments to create music. We will listen to a range of composers and musicians - keep an eye out for our musicians of the week! We will be looking at famous composers and discuss the history of music and how it has changed over time. We will be then using our musical skills to create a piece of music which can be used to exercise along to.
CS2 - Science	In science we will explore the human body and how to help it survive. We will explore the different body parts, senses and start to develop an understanding of how to keep our bodies healthy. We will also be making links to the natural world of plants, which will lead us to learn about how plants grow, survive and help to provide humans with the food they need to survive.
CS3 - D & T	In case study three we will research where different food comes from. We will evaluate different food and look at the need for a balanced diet. We will explore different food groups and create our own healthy plates of food. We are going to research different recipes and collaborate with cooks and chefs to produce some of these meals. We will also learn how to use different pieces of kitchen equipment safely. We are also going to be using mathematical language for weighing and measuring ingredients. We will end the case study by writing recipes to include in our final product.

Our Final Product

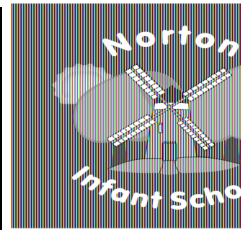
Our final product will see the four trust schools come together to celebrate the launch of our book. The children from across the trust collaborate to create an informative book combining elements of learning from the different case studies with a range of delicious recipes to support people using the local and trust based food banks.

This expedition will be running all the way up to Easter. To support the children with their learning for this expedition, we have provided several ideas for home learning/extended study. We would like each child to complete at least two over the term and bring in their work to share with their class and crew. You could also send photographs on ClassDojo

Thank you for your support, we are looking forward to seeing what you decide to do..

Key Stage One Team xx

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Home Learning Menu

I am a chef

I wonder what delicious snack or meal you could prepare at home.

You could send us a photograph and/or write out the recipe.



I am a musician

You could learn a song to perform to your family and friends.

Maybe you could make an instrument to play?
Or learn to sing a favourite song?

You could send us a video or perform it to us in crew,



I am a gardener.

What could you plant and grow at home? Maybe some herbs or vegetables. We would love to see what you grow.

I am a researcher.

Ask someone in your family about their favourite musician or genre of music. Maybe you could listen to some clips of them on YouTube. Write a factfile to share what you have found out.



I am a teacher.

What do you do to make sure you stay healthy? Maybe it's brushing your teeth, or a sport that you do. Could you create a way to teach us about it. It could be a set of instructions, a video or another creative way you can think of.