



READY STEADY

GROW

How can I be the healthiest version of me?





**In the spring of 2023, the KS1 pupils from primary schools across the XP Trust undertook a cross-curricular learning expedition called *'Ready Steady Grow'*, where they looked to answer the guiding question...**

**HOW CAN I  
BE THE HEALTHIEST  
VERSION OF ME?**

## LEARNING TARGETS

### Case Study 1 : Music

**Use** their voices expressively and creatively by singing songs and speaking chants and rhymes.

**Play** tuned and untuned instruments musically.

**Listen** with concentration and understanding to a range of high quality live and recorded music.

**Experiment** with, create, select and combine sounds.

**Perform**, listen to, review and evaluate music across a range of historical periods, genres, styles and traditions.

**Listen** to and evaluate the works of great composers and musicians.

**Understand** and explore how music is created, produced and communicated through pitch, duration, dynamics, tempo, timbre, texture, structure and appropriate musical notations.

### Case Study 2 : Science

**Identify**, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense.

**Describe** how humans obtain their food; describe a simple food chain.

**Understand** how to keep our body healthy.

**Understand** the basic needs of humans.

**Label** a plant and describe how it survives and grows.

**Identify** and name a variety of common animals that are carnivores, herbivores and omnivores.



### Case Study 3 : DT

**Cut**, peel or grate ingredients safely and hygienically.

**Measure** or weigh using measuring cups or electronic scales

**Assemble** or cook ingredients.

**Understand** where food comes from.

**Use** the basic principles of a varied and healthy diet.

**Design** purposeful, functional appealing products for themselves and other users.

**Generate**, develop, model and communicate their ideas through talking, drawing, templates, mock ups and ICT.

**Suggest** improvements to existing designs.

### Quadrilateral parallel

**Explore** how products have been created.

## IMMERSION

In hook week we made gingerbread, chapatis and planted seeds/beans. We introduced the core text 'Stan and Mabel' and created an anchor chart of the instruments in the story and explored the sounds they make. We appreciated different genres of music and identified how they made us feel. We made a selection of instruments and took part in an XP music tour where an expert delivered a session around all the elements within a piece of music ready to learn more in Case Study 1.

## CASE STUDIES

In **Case Study 1** we compared musicians and composers, created sounds for a purpose and explored tuned and untuned instruments. We then used our knowledge of the 'Stan and Mabel' story to write a postcard from the main characters to their neighbours about the journey they had taken.

In **Case Study 2** we explored the needs of the human body and explained the impact if these needs were not met. We compared the different stages of the human life cycle and identified some functions of the basic human body parts. We explored our senses and personal hygiene, and investigated how exercise impacts our body. Some of us received support with this from the school nurse and local GP, and even experts at Doncaster Rovers FC.

We looked at carnivores, herbivores and omnivores and how they are represented in food chains. We explored the parts of a plant and identified through experiments what they need to survive. We wrote a setting description linked to our core text 'The Green Ship'.

In **Case Study 3** we researched and presented where different foods come from and evaluated meals discussing the need for a balanced diet. We explored different food groups and built our own healthy plates of food. We researched healthy recipes to make soups and breads.

We invited our school cook in as an expert visitor to teach us how to use a variety of tools safely to prepare food and discuss health and safety in the kitchen. We used mathematical language to practise weighing and measuring ingredients. We looked at how to write instructions and used models to create and write our own recipes and instructions for our final product.

## FINAL PRODUCT AND CELEBRATION OF LEARNING

Our final product saw the four XP Trust primary schools come together at the Danum Museum and Gallery to celebrate the launch of our booklet.



# KEEPING HEALTHY

**Having good hygiene helps keep our bodies well and avoids germs.**

## Hair

I need to wash my hair because when I play with my friends outside, it gets quite dirty.



## Teeth

I must always brush my teeth because if I don't then they could turn black and fall out.



## Face

I should try to use soap and water to clean my face so that I don't get spots.



## Hands

I need to wash my hands to wash away the germs.



## Breathing

Breathing techniques can help keep our minds healthy.



We tried finger breathing, settling thoughts and the listening game.





# HEALTHY EATING

**The human body needs different types of nutrients to stay healthy.**

**Protein** helps our body to grow and repair. Red meat, dairy and beans have lots of protein in them.

**Fats** give our bodies energy. Nuts, butter and oils are all fats. We need tiny amounts of fat in our diet.

**Fibre** helps our body to digest food. Apples and wholegrain bread cereals are all high in fibre.

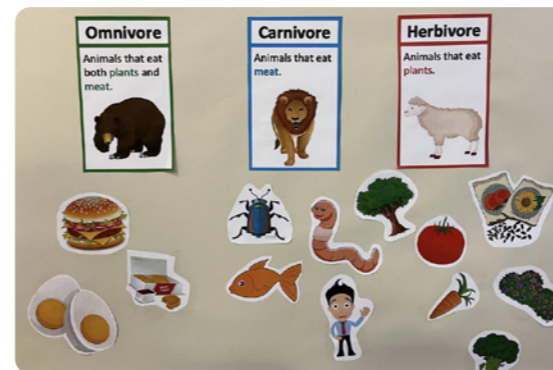
**Vitamins** and minerals help to boost the immune system, help us grow and develop. Fruits and vegetables all contain important vitamins.

**Minerals** help the body build healthy bones and teeth. They also help our bodies to repair damaged cells. Meat, cereals, fish, milk and dairy foods are good sources of minerals.



**Carbohydrates** also give our bodies energy. There are two kinds of carbs: starches and sugars. Potatoes, bread and pasta are all carbs.

**Water** helps to move nutrients around our bodies and helps to get rid of the waste we don't need. Some food like lettuce, strawberries and tomatoes contain water.



**Humans must have** food, water, air, and shelter to survive. If they don't have one of these, they may get ill or not survive. They get their food from different animals and plants. They need to eat a variety of food from different food groups to ensure they eat healthily. Humans are mainly omnivores, although some people will choose to be herbivores.

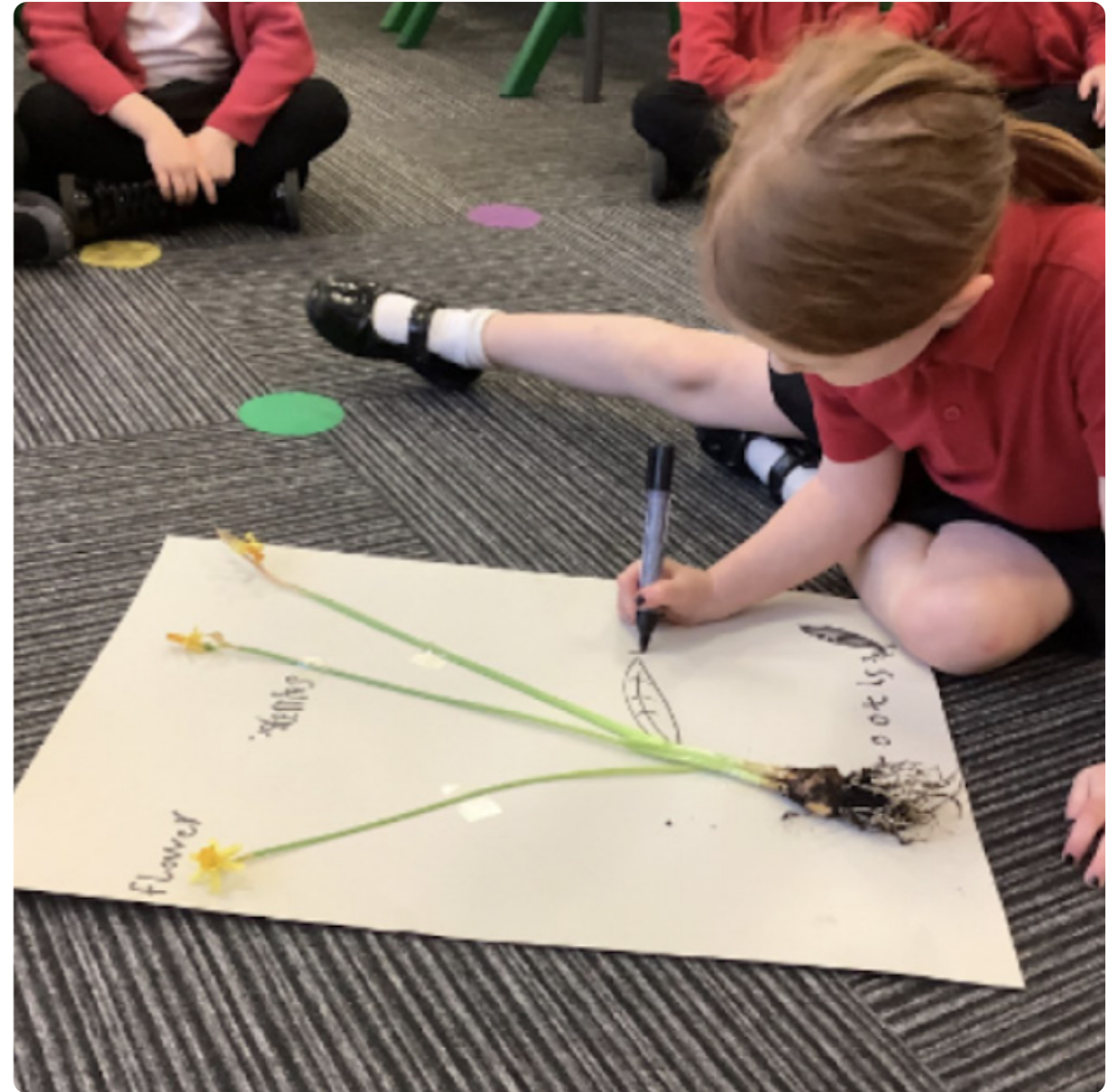
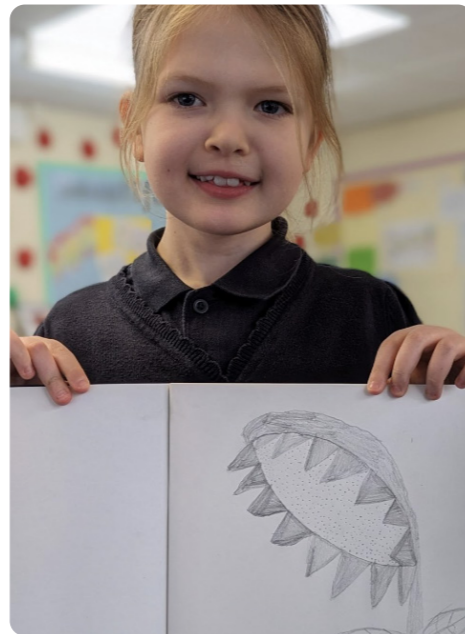
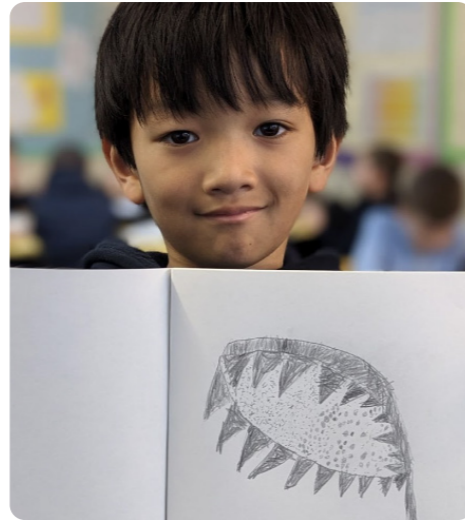


# GROWING OUR FOOD

**Plants provide a lot of our food. A lot of our food used to be grown on farms but now we buy a lot of food from other countries.**



For plants to grow and provide our food they need air, water, soil, space and light to survive. Some plants, such as potatoes, carrots and turnips grow in the ground. Others such as tomatoes, peppers and strawberries grow above the ground.





# PREPARING OUR FOOD

**Before preparing food it is important to make sure your kitchen is clean and hygienic. You should always wash your hands before cooking.**

## Peeling

We used vegetable peelers to peel the skin off the vegetables. We held the vegetable at one end and pulled the peeler across the skin.



## Grating

We used graters to grate the cheese and vegetables into smaller pieces. This can then be mixed or sprinkled on the other food.



## Chopping

We used a knife to carefully cut food into smaller pieces. We held the food carefully when we sliced.



## Spreading

We used knives and spreaders to spread sauces and jams over bread and pizza bases. This makes sure the sauce is evenly covering the bread or base.







RECIPES



# ONE CUP PANCAKES

## Ingredients

1 large free-range egg  
1 cup of self-raising flour  
1 cup of milk

(Optional)  
200g blueberries, grated pear or raisins  
Oil  
Sugar  
Lemon juice

## Method

First, crack the egg into a bowl.  
Next, add a cup of flour and a cup of milk.  
Whisk until the batter is smooth.

Now, add blueberries, grated pear or raisins.  
After that, add oil to the frying pan and heat.  
Next, add batter to the pan and spread it  
out evenly.

Now, cook the pancakes for 1 to 2 minutes until  
the bases are golden, then use a fish slice and  
carefully flip them over.

When the pancakes are golden on both sides, use  
a fish slice to transfer the pancakes to a plate.

Finally, serve the pancakes straight away,  
topped with sugar and lemon juice or any of  
your favourite toppings.





# VEGETABLE BAKE

## Ingredients

1 x broccoli  
1 x carrot  
1 x onion  
½ pepper  
4 eggs  
1 x packet of microwave rice  
2 x tomatoes  
200g mozzarella cheese  
Salt  
Black pepper  
Olive oil

## Method

Heat the oven to 180c.  
Crack the four eggs into a bowl.  
Add the salt and pepper to the eggs  
and whisk until smooth.  
Cook the rice and add it to the eggs. Mix well.  
Chop the broccoli into small pieces.  
Peel and dice the carrot, onion and pepper.  
Stir fry the vegetables then place them into an  
oven dish.  
Pour the egg and rice mixture on top of the vegetables.  
Slice the tomatoes and add place them on top of  
the vegetables  
Cover in cheese.  
Bake for 25 minutes then enjoy!





# VEGETABLE CRUMBLE

## Ingredients

1 potato  
1 carrot  
3 tomatoes  
1 celery  
1 onion  
400g flour  
200g butter  
Dried herbs  
Vegetable stock cube  
Salt and pepper

## Method

First, pour 750ml of water into a pan, add the stock cube and a sprinkle of herbs and boil.

Then, carefully chop the potato, carrot, tomatoes and celery into small pieces. Be careful, not to chop off your fingers!

Next, add the vegetables to the water and boil for 20 minutes.

Meanwhile, weigh the butter and flour and mix together with a wooden spoon before rubbing the mix between your fingertips.

As soon as the vegetables are soft, mix a table-spoon of flour into the mixture to thicken it.

Then, pour the vegetables into a dish but be very careful because it will be very hot!

Last of all, tip the crumble mix onto the top of the vegetables and press it down firmly.

Bake in the oven for 30-40 minutes or until the crumble top is golden.





# FRUIT KEBABS

## Ingredients

Oranges  
Pineapple  
Bananas  
Kiwi  
Apples  
Strawberries

## Method

Firstly, wash your hands.

Next, peel the banana and orange skin off.

Then, chop the apple and pineapple into pieces.

After that, slice the strawberries, bananas and kiwi into chunks.

Finally, slide the fruit onto the skewers and enjoy a healthy snack.





# FRYING PAN PIZZAS

## Ingredients

Mushrooms

1 onion

2 rashers of bacon (cut up)

Natural yoghurt

Flour

Grated cheese

Tomato paste



## Method

Add natural yoghurt and flour into a bowl and stir.

Roll the dough into a flat base.

Mix natural yoghurt, tomato paste and chopped onions.

Spread the tomato paste all around the top of the base.

Chop up the mushrooms and sprinkle them onto the pizza base.

Cover the pizza with grated cheese.

Cook in the oven for 10 minutes and enjoy!





# DELICIOUS HAM SALAD WRAP

## Ingredients

Ham  
Tomatoes  
Salad  
Cheese  
Mayonnaise  
Wrap

## Equipment

Cheese grater  
Sharp knife  
Tin foil  
Chopping board

## Method

Firstly, grab a wrap and carefully place it flat on the table.

Next, put a couple of slices of ham in the wrap and add the grated cheese.

After that, sprinkle the tomatoes and spread the mayonnaise evenly.

Later, roll it tightly so the ingredients won't fall out.

Finally place your wrap in tin foil and roll it to keep it nice and fresh.





# FANTASTIC FRUIT SUNDAE

## Ingredients

Sour kiwi  
Juicy grapes  
Crunchy granola  
Fresh mango yoghurt  
Melon

## Equipment

Sharp knife  
Vegetable peeler  
Plastic spoons  
Cups or bowls

## Method

First, gather your equipment and place it next to the chopping board neatly.

Next, slowly chop the juicy grapes and throw them gently into the bowl.

Then, peel the skin off the kiwi and cut them into equal quarters.

Afterwards, slice the melon carefully and steadily scoop the inside into the bowl.

Eventually, grab the mango yoghurt, peel the lid off and using a large spoon, quickly spoon some of the yoghurt into the bowl.

Finally, fill a cup of granola and scatter some into the bowl.

If you want to repeat sections 2 to 6, you will have a fantastic, healthy fruit sundae.





# PASTA SALAD

## Ingredients

Sweetcorn  
Pasta of your choice  
Carrot  
Peas  
Peppers  
Cucumber

## Equipment

Pan  
Sharp knife  
Vegetable peeler

## Method

Before you do anything else, boil a pan of water. When it starts to boil, put the pasta of your choice in and leave to simmer for 10 minutes.

Next, add 100g of peas into the pan too.

After that, carefully peel a cucumber. Using a sharp knife, dice it into small pieces.

Then, you may want to do the same with a carrot or you could grate it.

Afterwards, chop the pepper into tiny pieces too and throw them all into a bowl together.

After 10 minutes, drain the water from the boiling pan and pour it into the bowl with the chopped salad.

Mix it all together and add lemon juice if you wish to season it. Enjoy!





# COUSCOUS SALAD

## Ingredients

- 1 cup of dry couscous
- 1 cup of warm water
- 1 chopped cucumber
- 1 chopped pepper
- 4 chopped tomatoes
- 2 tablespoons of lemon juice



## Method

- Fill up the kettle and boil the water.
- After the kettle has boiled, pour into the couscous and cover. Leave it to rest for 5 minutes.
- Chop the cucumber, tomatoes and peppers into small chunks.
- Drizzle the two tablespoons of lemon juice over and fluff the couscous with a fork.
- Let the couscous cool down.
- Add in all of the chopped vegetables and stir.
- Enjoy!





# QUICK PIZZA PITTA

## Ingredients

- 1 cup of dry couscous
- 1 cup of warm water
- 1 chopped cucumber
- 1 chopped pepper
- 2 slices of ham
- 4 chopped tomatoes
- 2 tablespoons of lemon juice



## Method

Heat the oven to 200C and put a sheet inside to warm up.

Prepare your vegetables by chopping them into chunks using a sharp knife and slice your ham into strips.

Spread each pitta with 1 teaspoon of purée, carefully coating it to the edge.

Top with your chosen colourful vegetables and slices of ham.

Carefully grate your cheese and sprinkle it on the top.

Put your pizza in the oven to bake for 10 minutes.

Enjoy!





# PEPPER BOATS

## Ingredients

1 half of a pepper  
1 tin of tuna  
1 tin of sweetcorn  
Handful of grated cheese.



## Method

Firstly, cut your pepper in half carefully and spoon out all of the seeds from inside.  
Next, open your tuna and sweetcorn tin.  
This can be tricky.  
Then, mix the tuna and sweetcorn together.  
After that, put the tuna and sweetcorn mixture into your pepper boat flattening it down.  
Then, grate cheese on top of your pepper boat using a grater.  
Finally, put them in the oven at 180C or 10 minutes.





# GREEK SALAD

## Ingredients

Lettuce  
Cucumber  
Tomatoes  
Red onion  
Feta cheese  
Olives



## Method

First wash your hands thoroughly.  
Next, rip the lettuce into a large salad bowl.  
Then roughly chop the tomatoes and the cucumber.  
After that, peel the red onion and chop it finely.  
Place it in a salad bowl.  
Finally, drizzle the olive oil and add the olives.





# BLUEBERRY MUFFINS

## Ingredients

110g softened, unsalted butter

110g caster Sugar

150ml semi-skimmed milk

2 large eggs

1 teaspoon of vanilla extract

300g plain flour

2 teaspoons of baking powder

110g blueberries



## Method

To begin, preheat the oven to 150°C

After that, line a muffin tin with muffin cases.

Next, in a large mixing bowl, beat carefully together the butter, sugar, eggs, milk, flour and vanilla extract until it is light and fluffy.

Then, mix in the blueberries carefully.

Now, spoon the mixture into muffin cases.

Put the muffins into the oven and leave for 30-35 minutes.

Finally, let the muffins cool down and then enjoy!





# LUSCIOUS LEMONADE

## Ingredients

6 lemons  
200g sugar  
1500ml water  
Ice



## Method

Firstly, carefully cut the lemons  
Next, firmly squeeze the lemons.  
Then, mix all the ingredients in a jug with a spoon.  
Continue to stir until all the sugar is dissolved.  
Finally, serve with ice and enjoy.

## Equipment

Lemon squeezer  
Knife  
Jug  
Straw  
Cup  
Spoon





# OUR CHEFS



## Class 3

Noah A  
Jonah B  
Nellie B  
Polly C  
Amelia-R C  
Ronnie C  
Erin C  
Jakob D  
Lillie-M G  
Atlas G  
Ava H  
Cooper H  
Ivy H  
Clara H  
Freya J  
Lucas K  
Edwin L  
Issac N

## Class 4

Rose  
Thomas A  
Harper B  
Noah B  
Freddy B  
Kristina C  
Charlie C  
Kate F  
Carter G  
Millie H  
Jack L  
Alby L  
Olivia L  
Mya M  
Ezra M  
Jude P  
Lyla R

Freddie P  
Buddy R  
Francesca S  
Eva-R S  
Charles T  
Franklin T  
Francesca W  
Henry W

## Class 5

Elliott A  
Lottie A  
Ellie A  
Robin B  
Pippa B  
Jack C  
Elizabeth C  
Beatrice C  
Willow C  
Emma D  
Rosie F  
Autumn F  
Eva G  
Charlie G  
Raven G  
Pixie J  
Brooke L

Evie-R R  
Freya R  
Oscar-J R  
Nancy May S  
Vincent V  
Emily W  
Abbie W  
Ava W

## Class 6

Myla A  
Remy B  
Eva B  
Sonny B  
Katsiaryna C  
Poppy C  
Logan D  
Freddie D  
Jona-Jae F  
Alice H  
James H  
Reid H  
Chloe H  
Evie J  
Pippa J  
Bentley M

Eva M  
Leah M  
Lewis P  
William P  
Alex R  
Stanley R  
Thea S  
Lucia S  
Rudy W

Aya M  
Jake P  
Jack R  
Tristan S  
Eva S  
Devon S  
Luna T  
George V  
Hunter W  
Rosie W  
Annabelle W  
Oliver W



## Year 1

Arez A  
Regan B1  
Dolly B  
Ruby-A B  
Paisley C  
Blake C  
Corben C  
Kobin C  
Riley C  
Zuzanna F  
Zara G  
Kyryl H  
Isla L  
Ines P  
Ianis P  
Lita Q-J  
Reign R  
Sergei S

Evanas S  
Mia T  
Sulieaman A  
Riley A  
Raegan B  
Vlad C  
Jayse A  
Weronika D  
Mason D  
Nevaeh D  
Ivanna G  
Harper G  
Pheobe G  
Kodie-L H  
Antonina J  
Avaarni K-K  
Lucas M  
Chase P  
Sienna S  
Rachel S  
Alec T  
Leighton W  
Angel R  
Jayse A  
Angelica F  
Ibrahim H  
Leo M

## Year 2

Hasty A  
Charlie A  
Ralph C  
Nelson C  
Bobby E  
Almina H  
Edy J  
Demi L  
Anna M  
George M  
Ruben M  
Brendan M  
Rufus O-W  
Atlas O  
Avianna R  
Casey S  
Samuel S  
Theo S  
Elian S-L  
Kyran T  
Mason W  
Neriya Y  
Oscar Z-C  
Rayyan A  
Helen R-B  
Minnie B

Jacob C  
Emmanuel D  
Aarav D  
Matthew D  
George E  
Beauden E  
Casey H  
Nevaeh H  
Emma J  
George L  
Jarvis L-B  
Daisy N  
Anwyn O-W  
Diana R  
Shay  
Jenson-J T  
Kusang T  
Charlotte W  
Sofia W  
Julianna W  
Cassius M





# OUR CHEFS



**Class 6**

Angelica  
Ava-Leigh  
Eden  
Elea  
Freddie  
George  
Harper  
Isabella  
Ivy-Ray  
Jude  
Kitty  
Malaney  
Millie  
Myles  
Penny  
Phoenix  
Poppy EM  
Remy

Spencer  
Thomas  
Arnie  
Daniel  
Ezra  
Grace  
Matilda  
McKenzie  
Poppy HB  
Ruby  
William  
Willow

**Class 7**

Aria R  
Ava F  
Beatrice R  
Beau F  
Charlie C  
Charlotte S  
Conor H  
Jack R  
Jackson M  
Levi L  
Lewis M  
Martha L  
Reggie B

Reuben J  
Ronnie S  
Rose R  
Spencer W  
Ted C  
Tilly H  
Charlie L  
Ava D  
Beau G  
Charlie W  
Chayce H  
Ava D  
Beau G  
George V  
Reid A  
Tianna P  
Vivienne F

**Class 8**

Lauren S  
Jenson N  
Isla M  
Macky D  
Cohan J  
Addalyne E  
Isabelle B  
Liam R

Bonnie O  
Riley B  
Logan B  
Adam C  
Amaya C  
Maddison S  
Shae H  
Junior S  
Tyler K  
Anais T  
Tallon W  
Lennie R  
Ria-Mae L  
Mikey H  
Aurora C  
Ava P  
Eva F  
Nathaniel G  
Elina J  
Lily D  
Hunter S

**Class 9**

Hunter M  
Harly M  
Charlie W  
Hope D

Bobby F  
Ayla S  
Alexandra R  
Charlie B  
Luna F  
Xavier D  
Bobby G  
Emelia T  
Imogen J  
Reeva J  
Harrison H  
Deacon W  
Ezra M  
Olivia M  
Lexi R  
Kalab L  
Ethan H  
Maya P  
Paul-J W  
Elizabeth B  
Cristian R  
Thea T  
Ellis T  
Rhys M  
Savannah R



Charlie Jade  
Emily A  
Eileen A C  
Alissia C  
Franklyn C  
Isabella D  
Koa D  
Henry D  
Messiah D  
Presley F  
George F  
Kaison G  
Riley H  
Eveah L  
Rose M  
Sophia M  
Romelle M  
Lucas M  
Sofia N

Addison Jean B  
Nolan  
Henley  
Porsha S  
Charlotte T  
Hunter T  
Thomas B  
Lily-Ann M  
Michael D  
Leo E  
Ates G  
Leon-T H  
Charlie M  
Oliver N  
Leyland P  
Jax R  
Evie R  
Dominic S  
Zach S  
Ameena A  
Logan A  
Brett B  
Summer B  
SJ B  
Freddie C  
Nancy C  
George C

Charlie D  
Roseanne D  
Skyla-R D  
Grace F  
Shelby G  
Harrison H  
Lydia H  
Lilly-M J  
Dylan L  
Evelynn M  
James O  
Joshua O  
Noah S  
Teddy S  
Kyla S  
Zach S  
Sydney M  
Levi S  
Shania-R S  
Victor V





**At XP Trust, we build our community through Activism, Leadership and Equity, sharing our stories as we go.**

As such, we design our curriculum to realise these principles. Our relentless focus is to ensure that our students grow their character, create beautiful work and achieve academic success.

Therefore, we develop our curriculum so that learning is relevant, purposeful and authentic. This manifests into a number of key seams that we use as a focus for realising our Design Principles through our curriculum.

Our three rich Curriculum Seams at XP Trust are:



**Climate Emergency** - this is an existential threat so this is an imperative part of our curriculum. If we want our students to change the world, they need to save it first and they need the skills to lead this action. Our students make the knowledge they acquire around this seam powerful by actively making a difference to our world.



**Social Justice** - the world is filled with inequity and this is sustained by systems, structures and governance that protects the interests of the few and neglects the many. We uncover, confront and challenge inequities of race, gender, identity and class through our work and use the knowledge we acquire to affect social and cultural change. We want our students to be leaders of this change.



**Diversity and Belonging** - at XP we understand the power of crew and we know our community is stronger because of our differences. This is, therefore, a key seam that runs through many of our expeditions and case studies allowing our students to deepen their empathy and understanding of the value of difference and non-conformity. We strive for equality at XP by promoting equity so this is reflected in our curriculum design.





# READY STEADY GROW!

## How can I be the healthiest version of me?

A collaborative, cross-curricular learning expedition  
by the primary schools of XP Trust.

All content created by the Key Stage 1 children at Green Top, Carcroft, Plover and Norton Infant Schools.  
Content collation, book design and print coordination by XP Comms Crew.

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### XP Trust Curriculum Seams

