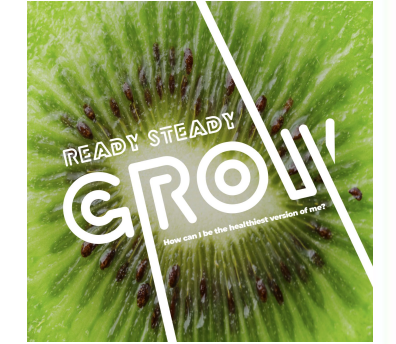




Ready Steady Cook

How can I be the healthiest version of me?



In the Spring of 2025, Year 1 and 2 pupils from primary schools across the XP Trust will study a cross-curricular expedition looking to answer the guiding question, Ready Steady Grow: How can I be the healthiest version of me?
Our case studies will be: Science, DT and Art

Immersion

During hook week, KS1 students will be using their art skills to create their own Shrinky Dink charms. Children will experiment with style and design before shrinking the charms down ready to attach to their bracelet. The children will be encouraged to try a range of fruits and vegetables to earn the charm. Some of these will be familiar tastes and some new experiences. The children will then make their bracelets or keyrings using braiding techniques as part of the family learning event.

Case Studies

Case study one is themed around vegetables. In science we will look at different plants, identify their parts, their life cycles and what plants need to survive. We will then apply this knowledge, in order to grow our own bottle greenhouses and also completing a bean experiment to see how the different plant parts develop from a bean.

We will then learn how to prepare and taste different vegetables by peeling, grating and chopping safely. We will try eating these vegetables in the tasty vegetable fajitas we will make,

Case study two is themed around fruit. In science, we will look at different trees and consolidate our scientific knowledge by, identifying their parts, their life cycles and what trees need to survive. We will apply this knowledge, by planting more fruit trees in our mini eco-garden so that future expeditions would be able to use the fruit to taste and cook.

Again, we will learn how to prepare and taste different fruits by peeling, grating and chopping safely. We will then try eating these fruits when we make fruit kebabs or using them as toppings on our pancakes as we celebrate Shrove Tuesday.

Case study three is themed around staying healthy and enjoying a balanced diet. We will learn about how humans keep fit and the importance of exercise. We start by looking at different body parts and the five senses. We then learn about the benefits of exercise. We will investigate the changes that exercise has on our body and also look at the importance of enjoying a balanced diet and how we can eat 5 portions of fruit or vegetables a day.

Final Product and Celebration of Learning

Our final product saw children creating key rings using shrinky dink. The children took their fruit and vegetable drawings and transferred them onto shrinky dink, which was then added to a key ring.

For our celebration of learning, the children will be working as experts to teach grown ups how to prepare and cook and dish of their choosing.



Visit the Key Stage 1 Message board for all the key dates across the Autumn term.



Key Texts

Supertato
The Runaway Chapati
The Great Food Bank Heist
Ready Steady Grow - 2023 Version

PE Days

Tuesday - 2L and 2P
Thursday - 1Cr and 1CU

Key Dates

Y1 Family Learning - 28.01.2025 @ 2.15pm
Y2 Family Learning - 30.01.2025 @ 2.15pm
Celebration of Learning - 26.03.2025 @ TBC

Home Learning

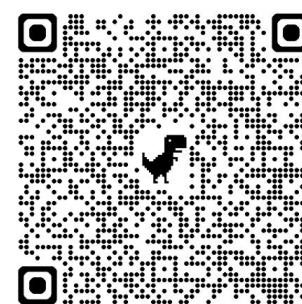
Please try to complete one piece of learning each week

Expedition	Community	Life Skills
Design a balanced packed lunch. Healthy packed lunches ideas	Design a community poster explaining how we can look after the trees in our area.	Cook a healthy meal
Create a piece of art work inspired by the artist Orla Kiely. Click the link to see an example	Grow and gift a plant to a trusted neighbour or elderly person.	Wash up after a meal
Grow your own window top vegetables. Click the link to see an example	Follow a fitness trail at the local park	Learn to fasten your coat or tie your shoe laces

Weekly Home Learning



Maths



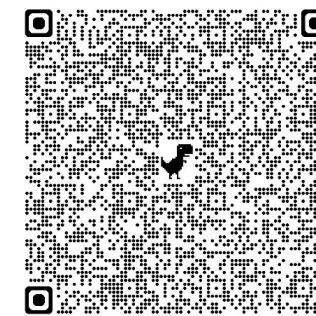
Reading



Welcome to Key Stage 1

Expeditions

Scan the QR code to find out more about our **expedition**

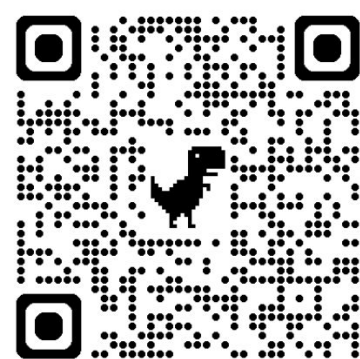


Year 2's Blog

Scan the QR code to visit **Year 2's** blog

Year 1's Blog

Scan the QR code to visit **Year 1's** blog



Messages

Scan the QR code to visit the **KS1 Message Board**

PE Days

1Cr and 1Cu - Thursday

2L and 2P - Tuesday

Please can children wear their PE kits on these days

Reminders

Each day please remember:

Water bottle

Book bag

Please return homework and RWI books on a Friday

