



ready steady grow

A Learning Expedition by the
KS1 children at Plover School

In Spring 2025, KS1 children at Plover School studied a 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

Art

Use a range of materials creatively to design and make products.

Develop a wide range of art and design techniques in using colour, pattern, texture, using line and using shape.

Use a range of materials creatively to design and make products.

Describe the work of notable artists, artisans and designers.

Science

Describe how animals obtain their food from plants and other animals, using the idea of a simple food chain, and identify and name different sources of food.

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

Notice that animals, including humans, have offspring which grow into adults.

Investigate and describe the basic needs of animals, including humans, for survival (water, food and air).

Describe the importance for humans of exercise, eating the right amounts of different types of food and hygiene.

Identify and name a variety of common plants, including garden plants, wild plants and trees and those classified as deciduous and evergreen.

Identify and describe the basic structure of a variety of common flowering plants, including roots, stem/trunk, leaves and flowers.

Observe and describe how seeds and bulbs grow into mature plants.

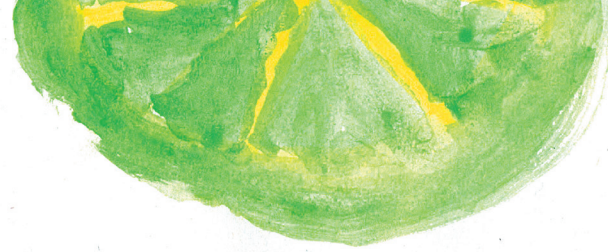
Find out and describe how plants need water, light and a suitable temperature to grow and stay healthy.

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.

Explore how products have been created.

Immersion

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

Case studies

Case study one was themed around vegetables. In science we looked at different plants, identified their parts, their lifecycles and what plants need to survive.

We applied 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 then learnt how to prepare and taste different vegetables by peeling, grating and chopping safely. We then tried eating these vegetables or using them in recipes. The children also created their own artwork based on Orla Kiely artwork. The children created 3D versions of her fruit artwork to display within the classroom.

Case study two was themed around fruit. In science, we looked at different trees and consolidated our scientific knowledge by, identifying their parts, their lifecycles and what trees need to survive. We applied 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.

We then learnt how to prepare and taste different fruits by peeling, grating and chopping safely. We then tried eating these vegetables or using them as toppings on our pancakes as we celebrated Shrove Tuesday. During the case study, the children also examined the hyperrealist artwork of Dennis Wojtkiewicz*. His beautiful artwork is best known for his large scale renderings of sliced fruit and flowers.

Case study three was themed around staying healthy and enjoying a balanced diet. We learnt about how humans keep fit and the importance of exercise.

We started by looking at different body parts and the five senses. We then learned about the benefits of exercise. We investigated the changes that exercise has on our body. We also looked at the importance of enjoying a balanced diet and how we can eat 5 portions of fruit or vegetables a day.

Expedition product

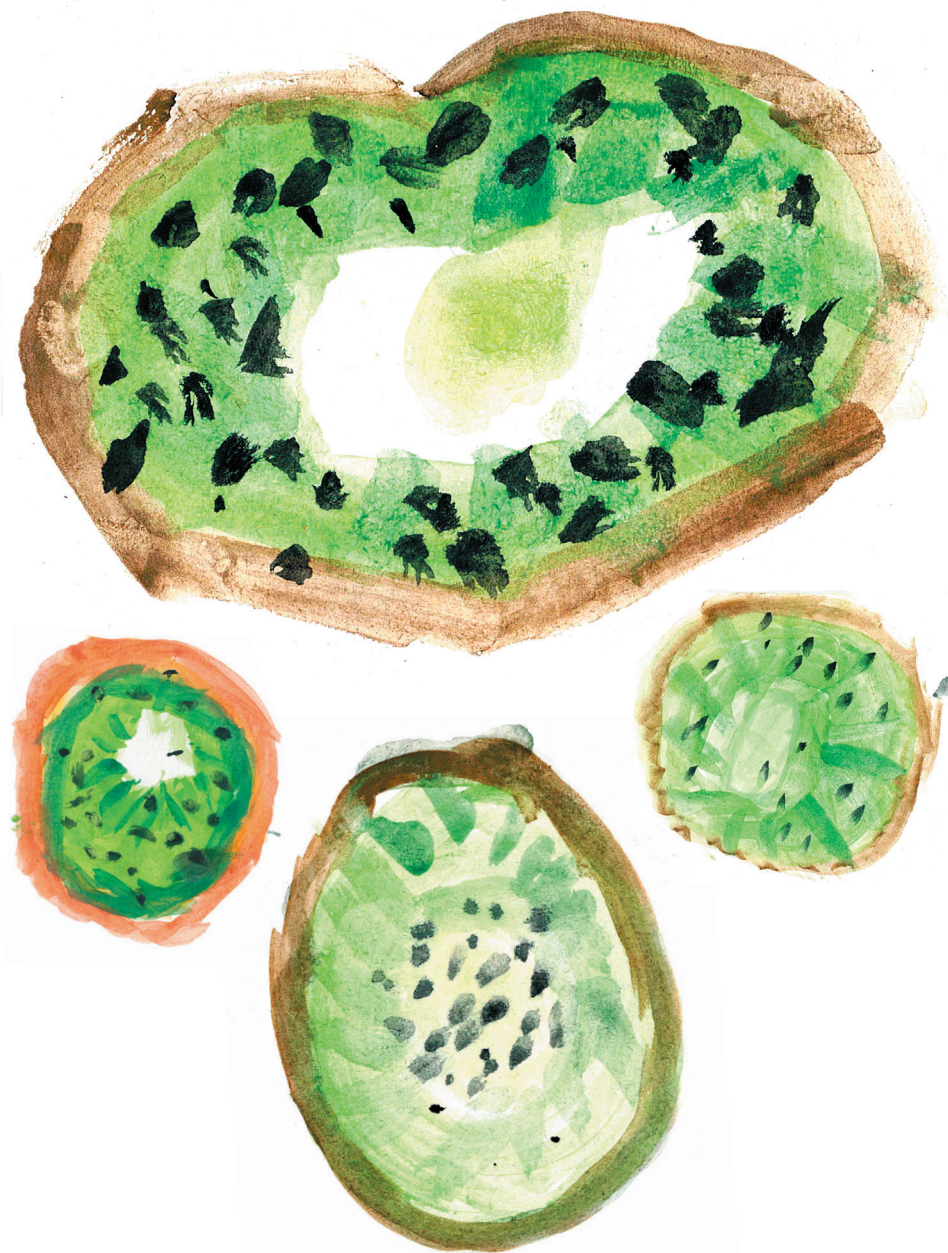
Our final product saw children creating key rings using shrinky dink. The children took their fruit and vegetable drawings and transferred them onto shrinky dink, which was then added to a key ring. We took inspiration from Jeff Robin's Masters in Masters project to collate the children's work and create a legacy by providing each child with their own booklet containing their artwork.

**Dennis Wojtkiewicz [voit-KEV-itch] is Professor of Art at Bowling Green State University where he has taught painting and drawing since 1988. He received his M.F.A. degree from Southern Illinois University at Carbondale in 1981 and also studied at the Atelier Neo-Medici in France under the direction of Patrick Betaudier in 1978 and 1983. Best known for his distinctive large-scale paintings of fruit and flowers in which the subject matter is encapsulated and transfixed by a heightened approach to realism. His work has been shown in international art fairs in Bridgehampton, Chicago, Los Angeles, Miami, Palm Beach, Santa Fe, Taipei and Toronto as well as in numerous galleries and exhibitions throughout the U.S. He is a past recipient of two Ohio Arts Council Individual Fellowships with paintings and drawings represented in major public, private and corporate collections.*

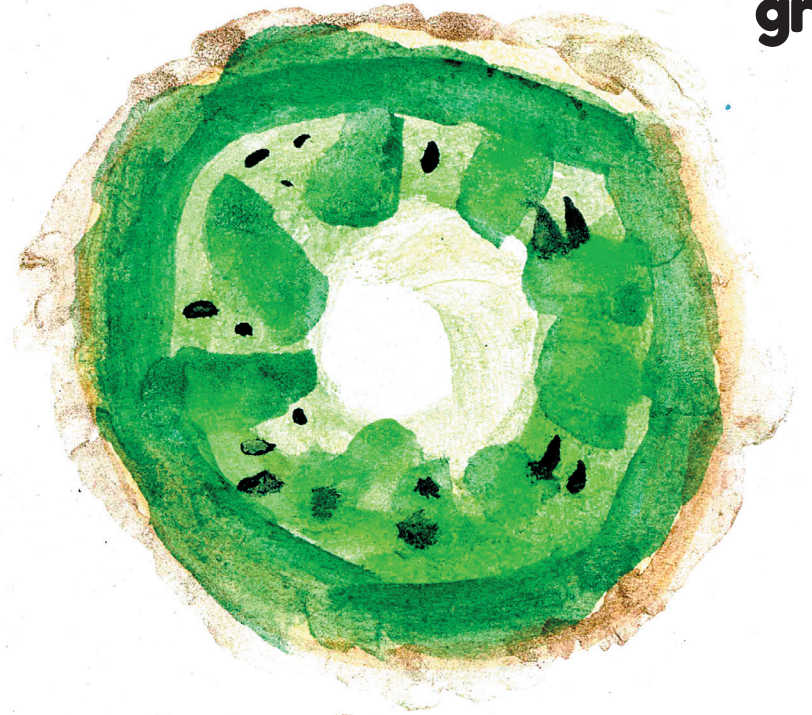
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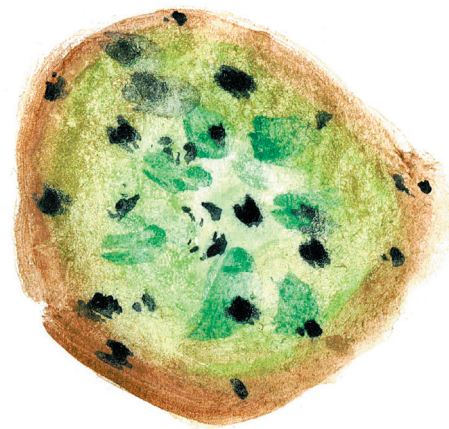
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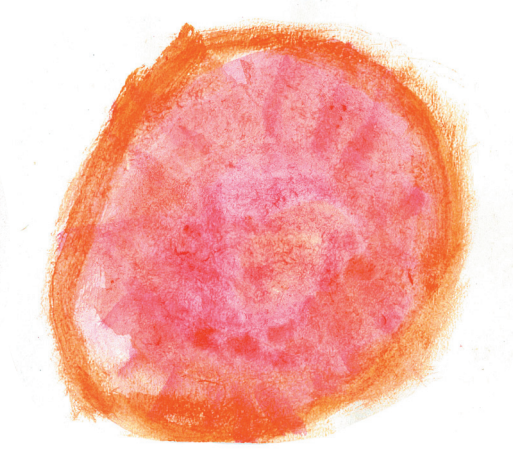
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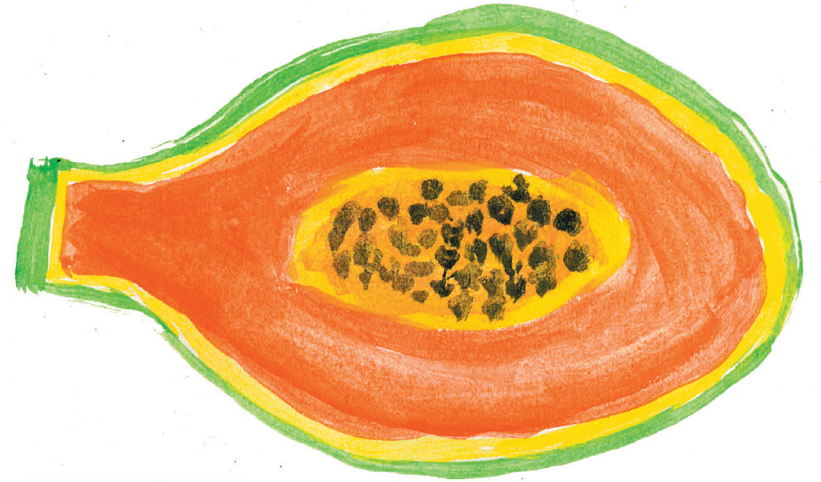
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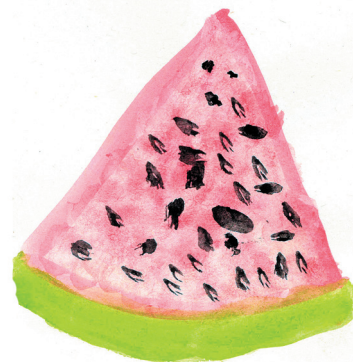


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1CR

Imisi A
Alexandria A
Oscar B
Patsy-Ann B
Staish F
Vinnie C
Jaxson C
Nivriti D
Ivy D
Reggie E
Georgia F
Harry H
Ayrton H
Amelia H
Rishaa J
Olivia M
Ariana M
Georgia M
Maisie M
Ola M
Noah MC
Abubakr N
Alice N
Yuvaan R
Henry R
Lacey-Jane S
Oliver S
Milana T
Scarlett W

1CU

Elza A
Ella- Mae B
Lacey- Mae B
Bria-Leigh B
Eddie CF
Layla C
Thomas C
Eve D
Reeshan E
Lottie H
Dorian I
Zehra I
Hunter J
Ava K
Max L
Oliwia M
Trishan NR
Ivy-Beau P
Vilancie S
Isiah S
Kuba S
Oscar T
Ronnie T
Bianca V
Manutha W
Harris W
Emilia W
Kobi Y
Bobby Z

2L

Kayson A
Isabell A
Riley B
Luna B
Keiran B
Henry C
Alfie C
Harry C
Ellie C
Jennifer G
Elijah G
Eva H
Dolunay K
Nicolas K
Macey M
Almina O
Mateo P
Oliver P
Emorie P
Bailey R
Johnboy R
Josie S
Kyla S
Maisie S
Benson S
Marcus S
Harley T-Z
Borimir V

2P

Siyar A
Gabriella B
Elliot B
Kierra B
John C
Flynn C
Theo C
Nina C
Ella C
Kamari C
Lola E
Sophia E
Bella F
Ellis G
Peyton G
Kaiden-John H
Alex H
Elizabeth J
Lacey-Mae M
Jaxon M
Evie-Rose M
Summer M
Jaxon P
Esme P
Lechu R
Lily S
Kaya S
Elisa S





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Plover School is part of the XP School Trust.

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XP Trust Curriculum Seams

