

Autumn Term 1 Small Steps Sequence

Year One

‘Together we can
make a difference’



St Marys CE Primary

Our Value— Generosity

‘God loves a cheerful giver.’ 2 Cornithians 9:7

Art/DT

Food and Nutrition

Prior learning

Reception have previously taken part in exploration, cutting and cooking of vegetable soup

Vocabulary for learning

fruit vegetable seed leaf root stem smoothie
healthy carton design flavour peel slice

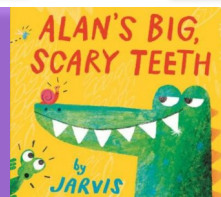
Small step progression

Identify if a food is a fruit or a vegetable
Identify where plants grow and which parts, we eat
Taste and compare fruit and vegetables
Make a fruit and vegetable smoothie

Outcome

To develop skills of
evaluating, designing and making.

Books linked to our learning



Music

HEY YOU!

Prior learning

The children have been introduced to different kinds of music from across the globe, including traditional and folk music from Britain.

Vocabulary for learning

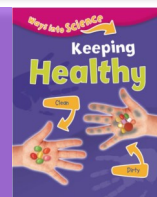
⋮ pulse rhythm, pitch rap, improvise, compose,
melody, bass guitar, drums, decks, perform

Small step progression

Learn to sing our class song Hey You
Use musical instruments in my performance of our class song Hey You,
Improvise with pulse and rhythm
Compose a musical section to add to our performance.
Practice and develop my skills to create a class performance

Outcome

The children will begin to work together in a group/band/ensemble and perform to each other and an audience.



PE Locomotion: Running

In this unit, the children will begin to understand why and how we run in games.

Prior learning

The children will know where and how to walk to find a space. They will explored their body parts and how these are used to help us move, including for running.

Vocabulary for learning

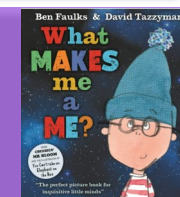
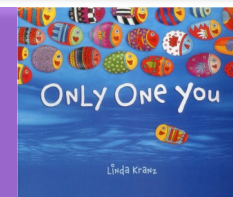
Attacker, defender, space, speed, acceleration, tagging, tag

Small step progression

Explore running using different body parts.
Develop running technique in games.
Develop knowledge of how to run and where to run, while exploring running at speeds.
Develop technique for running at speed.
Improve running over a longer duration by working as a team.
Begin to understand attack and defence and why running is important for these roles.

Outcome

The children will take part in some running games with their peers, demonstrating their understanding of running when playing games.



PE Health and Wellbeing

In this unit, the children will be introduced to the importance of agility and balance.

Prior learning

The children know why are hearts beat faster and how to move in different ways. They know the importance of being active.

Vocabulary for learning

Attacker, defending, agility, balance, coordination, hand-eye coordination, throwing, aiming

Small step progression

Introduce agility and explore ways of being agile when moving.
Explore ways of being balanced and why we need to be balanced in sport.
Introduce hand-eye coordination and when we use this in sport.
Develop agility through circuits.
Develop balance through circuits.
Introduce coordination of body movements and the importance of this in sport.

Outcome

The children will complete a circuit of activities to demonstrate their improved balance and agility.

