



Fighting Fit











Y1 Main Overview (Summary of Topic/Key Information)

In our Year 1 topic 'Fighting Fit', the children will learn about the history and importance of significant figures such as Florence Nightingale and Mary Seacole. They will learn the impact they have had on the nursing world and how they saved many lives during the war. We will be using world maps to look at the journeys of the two women. Children will build a strong understanding of how to stay fit and healthy by learning the basic principles of a healthy and varied diet. We will also learn about where our food comes from.



<p>Key Facts</p>	<p>Florence Nightingale was born on the 12th May 1820 in Florence, Italy. Florence worked in London in the early 1850s, but in 1854, the British Secretary of War asked her to organize a nursing corps to serve the wounded soldiers in Crimea. At night, when everyone was sleeping, she would visit the soldiers to make sure they were comfortable. Florence carried a lantern with her on her night visits and the soldiers would call her 'The Lady with the Lamp'. Florence Nightingale has her own museum in London which is a great tourist attraction. Mary Seacole was born in Jamaica and is best known for her work in helping the sick and wounded – particularly during the Crimean War.</p>		
<p>Key Questions</p>	<p>Who is Florence Nightingale and why is she famous? Who was Mary Seacole? What change to hospitals did Florence Nightingale make? What impact on the world did these women have? Can we compare Florence Nightingale and Mary Seacole?</p>		
<p>Subject</p>	<p>Key Skills Covered</p>	<p>Key Vocabulary</p>	
<p>History</p>	<p>We will be looking at the significant life of Florence Nightingale and Mary Seacole. We will look at what and how their work impacted the nursing world. Children will also have a chance to learn how Florence Nightingale faced opposition to her improvements. We will use this knowledge to explore and compare the two significant figures.</p>		<p>Florence, Nightingale, War, Medicine, Nursing, Mary, Seacole, Opposition, Improvement, Significant, Figures, Knowledge, Explore, Research, Impact, Compare, World.</p>
<p>Geography</p>	<p>We will be using world atlases and globes to identify the United Kingdom and its countries, as well as other significant countries, continents and oceans. We will be looking at where Florence Nightingale worked and where the war took place.</p>		<p>Oceans, Continents, Atlas, Country, North, South, East, West, Map, Globe, Florence Nightingale, Location, Area, Destination.</p>
<p>Science</p>	<p>In Science, we will be learning how to identify and name a variety of common wild and garden plants, including deciduous and evergreen trees. We will be learning how to identify and describe the basic structure of a variety of common flowering plants, including trees.</p>		<p>wild plants, garden plants deciduous, evergreen, trunk branches, leaf, root, leaves bud, flowers, blossom, petals, stem, fruit, vegetables, bulb, seed</p>
<p>Art</p>	<p>This term we will be learning about and creating our own sculptures. We will look at the work of Andy Goldsworthy and Barbara Hepworth to see how sculptures can differ. We will use clay to mould and sculpt our own figures.</p>		<p>sculpture sculptor natural materials clay</p>

DT	<p>In Design Technology we will improve our understanding of 'healthy' foods, paying particular attention to fruit and vegetables. We will name different fruit as well as learn where they come from. There will also be an opportunity to taste different fruit and decide which they enjoyed the most. They will then plan, prepare and make their own fruit kebab.</p>		<p>Healthy, fruit (including the names of different types of fruit) vegetables, taste, kebab, plant, tree</p>
PE	<p>For our outdoor PE this term we will be continuing to put some of the throwing and catching skills we learnt into practise by playing simple games. We will also learn about some of the different athletics throws, for example throwing a foam javelin. For our indoor PE lessons, we will take part in swimming at the Basildon Sporting Village.</p>		<p>Throwing, receiving, aim, underarm, overarm chest pass, opponent, javelin, athletics, movement, rhythm, dancing.</p>
Computing	<p>This term we will be practising our keyboard skills using MS word. We will be typing simple words and captions and exploring how to edit the text we have created. We will also be using the program 'Scratch Jnr' on the Ipad to learn about algorithms. We will be looking at simple programs and predicting what will happen as well as creating our own programs.</p>		<p>E-safety, keyboard, space bar, mouse, caps lock, highlight, bold, underline, italics, font. Algorithm, bug, debug,</p>
RE	<p>In R.E we will be looking at special things in nature. We will be looking at Christianity, Hinduism and Islam and thinking about these questions: What aspects of the natural world can we enjoy around us? How can we help to look after the natural world? How do we feel in response to the wonder and beauty of the natural world?</p>		<p>Natural world, nature, special, creation, beauty, Christianity, Hinduism, Islam.</p>
PSHE	<p>In PSHE, we will be learning to recognise that learning a new skill requires practice and the opportunity to fail, safely; We will also be looking at and understanding how diseases can spread and recognise and use simple strategies for preventing the spread of diseases.</p>		<p>skill, practice, fail, safely, perseverance, listening, conflict, resolving, positive, disease, spread, preventing.</p>
Music	<p>The children will learn to sing a selection of songs. They will also use a variety of percussion instruments to accompany the song.</p>		<p>Percussion instruments, triangle, chime bar, clave, tambour, tambourine, cabasa, bells, maracas.</p>
English	<p>This term we will be looking at a variety of genres. Lessons will include a variation of ways to explore each text, such as role-play, videos, books and technology. We will continue to develop our understanding of each text purpose. Our Author of the term will be Mick Inkpen. We will be sharing, enjoying and using his books to inspire some super writing!</p>		<p>Fiction, non-fiction, narrative, non-chronological report, poetry, author, illustrator, sentence, full stop, capital letter, adjectives, time conjunctions.</p>
Maths	<p>This term will be learning about multiplication and division, fractions, place value, money and time. We will be counting in 2's,5's and 10's, making arrays and equal groups. We will be finding halves and quarters of different amounts. We will be continuing to use concrete apparatus to support our learning.</p>		<p>Equal groups, sharing, arrays, fraction, half, quarter, tens, ones, coins, notes, before, after, hour, half hour.</p>