

English

I know how to hold a pencil to write effectively
I know how to form legible lower case letters
I know how to form legible capital letters
I know that I need spaces between words
I know that a sentence starts with a capital letter
I know that a sentence should end with a full stop
I know what a sentence is
I know how to use my phonic knowledge to spell words
I know I need to read my work to check it makes sense
I know I need to say a sentence before I write it

I know how to sequence sentences to form a short narrative
I know how to include some detail in writing to add interest eg adjective or simple simile
I know how to use capital letters for names and I know how to use alternative graphemes for the vowel sounds (phase 5 sounds)
I know how to use letter names to distinguish between alternative spellings of the same phoneme
I know how to form lower case letters of the correct size relative to one another in some of the writing

Computing

I know how to use technology purposefully to create digital content.
I know how to save my work and then open it from its saved location.
I know how to use different tools to create digital art. E.g. size of brush, fill and shapes

Let's get Healthy!

Year 1 Medium Term Plan

Spring 1 2026

Knowledge

Religious Education

I know and recognise the symbol associated with Sikhism (The Khanda)
I know Sikhs believe in one God called Waheguru
I know Sikhs worship in a Gurdwara
I know the Guru Granth Sahib is the name of the Sikh holy book.
I know Sikhs celebrate Vaisakhi.

PSHE - Dreams and Goals

I know how to set simple goals
I know how to achieve a goal
I know that tackling a challenge can stretch my learning
I know how to identify and overcome obstacles
I know when my goal has been achieved

Maths

Place Value within 50

- I know how to read numbers to 10 and extend to 50 in numerals
- I know how to count accurately objects up to 50
- I know and can count independently numbers up to 50 forwards and backwards
- I know 1 more than a number up to 50
- I know 1 less than a number up to 50
- I know how to represent a number up to 50 using practical equipment
- I know and represent a number using practical objects and pictorial representations including a number line
- I know how to solve simple problems involving place value

Addition and Subtraction within 20

- I know and understand mathematical statements that include +, - and = signs
- I know how to add two one-digit numbers using concrete objects or pictorial representations
- I know how to subtract two one-digit numbers using concrete objects or pictorial representations
- I know how to add a two-digit number and a one-digit number within 20
- I know how to subtract a one-digit number from a two-digit number using concrete objects or pictorial representations
- I know how to solve simple problems involving addition using concrete objects

Number facts to 20

- I know and use addition number bonds within 20
- I know and use subtraction facts within 20.

Science

I know the names of the different parts of a plant – stem, leaf, flower, petal, root, shoot
I know the function of each part of a plant.
I know what a plant needs in order to survive – light, food, water and air
I know the difference between deciduous and evergreen trees.

Physical Education

I know that food gives us energy to move around.
I know what might happen to my body and my teeth if I eat too much unhealthy food.
I know how to copy and repeat actions to represent a theme.
I know how to create my own actions in relation to a theme.
I know how to explore pathways and actions with a partner.
I know how to perform on my own and with others to an audience.

History

I know how to sort objects into ‘then’ and ‘now’.
I know to use artefacts, pictures, stories, the Internet and databases to investigate the past.
I know I can use sources to answer simple questions
I know how to talk about and sort objects from ‘then’ and ‘now’, and describe similarities and differences

Music - Get Set for Music - Dinosaurs

I know that instruments are played differently e.g. hit, shaken and this produces different sounds.
I know that using bigger/smaller images or symbols represents dynamics.
I know that the pulse is the steady beat of the music.
I am beginning to relate images to sounds.
I can follow pictures and symbols to guide singing and playing.

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Knowledge

Geography

I know that we need to look after our environment (locally and globally) and can talk about some simple ways to do this.

Art

I know how to sort and arrange materials for effect.
I know how to mix materials to create texture.
I know I can use a combination of materials that are cut, torn, folded, crumpled, overlapped and glued.
I know how to cut and tear with confidence and control.
I know to select appropriate materials considering colour, shape and texture.
I know I can look at my piece of work and make any changes needed such as *adding paint, adding texture, filling gaps*

Design and Technology

Cooking

I know I can use simple cutting tools to prepare soft fruit and vegetables.
I know how to peel, slice and grate food with support and guidance.

Structures

I know how to build structures.
I know to use a wide range of construction materials, equipment and techniques to build structures.
I know how to build structures, adapting them to make them stronger, stiffer and more stable