

**Science**

- I know the lifecycle of a human and can talk about development at each stage (foetus – infant – child – adolescent – adult – old age)
- I know the heart is a muscle
- I know that your heart rate increases when you exercise and can explain why.
- I know that a resting heart rate is the rate your heart normally beats at when you are not performing any kind of strenuous activity. I know that this differs from person to person and is influenced by your activity levels.
- I know that diet makes an important contribution to staying healthy and that sports people may choose different diets to meet the needs of their sport. I will be able to give examples of this.
- I know that when deciding whether foods are healthy, I should take into account the proportions of different food groups and the range of benefits on offer.
- I know that RDA stands for Recommended Daily Allowance and is useful when evaluating food choices.
- Drugs can be helpful or harmful depending on their type, who is taking them and why and the quantity taking.
- I know that possessing some drugs is a criminal offence

**RE**

- *Advent* – a time in the liturgical year of expectant waiting. We prepare for the celebration of Jesus' birth and the second coming of the Messiah.
- *Prophet* – a person who speaks for God e.g. Moses in the Old Testament
- *Prophecy* – a prediction or message communicated by a God to a prophet.
- I know the significance of John the Baptist in the observance of advent
- *Messiah* – The Gospels tell us that Jesus is the Messiah – the chosen one sent to save people from their sins.
- *The Annunciation* – when the angel Gabriel told Mary that she would conceive a son by the power of the Holy Spirit.
- I know the themes of the Advent wreath: the prophets, John the Baptist, Mary and The People of God
- I know that Mary has differing levels of significance across denominations of Christianity.

**PE**

- The key terms for athletics are:  
Standing throw – Shot put, Discus and Javelin  
Long jump and High jump  
Sprinting and Middle-Distance running
- The components of athletic fitness are:  
Power - A combination of strength and speed  
Agility - The ability to change direction quickly  
Cardiovascular endurance - The ability of heart, lungs and blood vessels to produce energy and maintain a high level of performance throughout a race
- The effects of exercise in the short term are: increased muscle contractions, increased heart rate and increased rate of breathing
- The effects of exercise in the long term are: increased bone density, heart muscle increases in size and strength (leading to a lower resting heart rate and more efficient circulatory system) and increased strength of diaphragm and intercostal muscles.



**Geography**

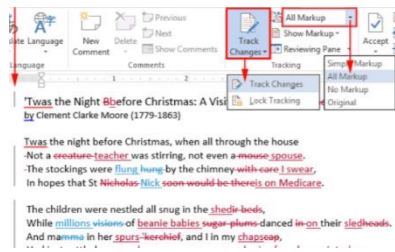
- I can name counties and cities of the UK with ports, including Liverpool, London, Southampton, Lincolnshire, Suffolk and North Yorkshire.
- I know how to use 4 and 6 figure grid references to locate features on maps with increasing precision.
- Human and physical characteristics have changed over time, such as new roads, railways, wind farms, the size of the channel of the River Tees and bigger and deeper docks. I understand that they have changed due to emerging industries since the Industrial Revolution, such as the steel, chemical and energy industries.
- Selling goods to other countries is exporting and buying goods from other countries is importing.
- Sketch maps are simple maps (not drawn to scale) and only show the main features.
- There are renewable and non-renewable energy sources in the UK, such as solar, hydro, wind, coal, gas and oil.



**Computing**

I know how to create the following on MS Word:

- indents
- line spaces
- headers
- footers
- page numbers
- tables



I know how to mark-up tools on MS Word such as spell check and word counts.

**People Who Inspire Us**

Bill Gates is the co-founder of the Microsoft Cooperation. His wife, Melinda Gates also worked at Microsoft and together they formed the Bill & Melinda Gates Foundation which is one of the largest charitable foundations in the world. It aims to improve healthcare and reduce global poverty.

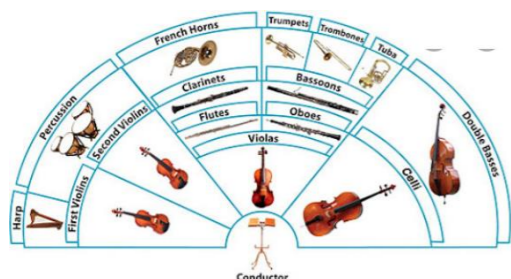


**Year 5 and 6  
Autumn 2  
Knowledge Organiser**



**Music**

- There is a wide range of instruments used in an orchestra such as violins, cellos, double bass, flutes, glockenspiels and tubas.
- Instruments are grouped into families: woodwind, strings, brass and percussion.
- I understand how woodwind, string and brass instruments work, including knowing the parts of the clarinet, guitar and trumpet and how to play notes.
- I know that the conductor's role is to ensure that the musicians play together and to shape the piece of music by adjusting, for example, volume.



**Art**

- Sculpture can be used to commemorate significant events. They can capture the emotions of the time and/or encourage people to respond.
- I know how to shape wire using objects and plyers.
- I know how to create coils, twists, bends (angular and curved) and braids.
- I know how to join wire using twisting, hook and eye and simple loop techniques.
- I know that Ray Lonsdale created the 'Tommy' sculpture installed at Seaham
- I know that Kurt Schwitters is a famous collage artist and can talk about his work.
- I know how collage can be used to create mood and depth in art work e.g. by altering its use as a foreground and background.



**PSHE**

- Relationships we have with individuals differ from one another. I can give examples and explain how I manage them differently.
- To demand more from a friendship than someone can/should give will hurt the friendship.
- Sometimes people can say hurtful things in a conflict situation, to prevent this we can use some kinder phrases and thoughts whilst aiming to resolve the issue.
- Anger can be triggered by different things for different people.
- Working on my own triggers will prevent me from becoming angry quickly.
- I know steps I can take for positive mental health including identifying the things that I enjoy and reflecting on the amount of time I spend online.

**French**

I know how to use conjunctions et (and) and mais (but) and parce que (because) to expand my oral and written French.  
Describing people vocab:  
Il/ elle est – he/she is  
Il/ elle a – he/she has  
Il/elle porte – he/she wears



