

Rhyme & Songs Voici mes mains., J'aime la galette

Design and Technology
Design Brief: To make a healthy dish including naturally grown produce.
Key knowledge:
To be healthy, we should aim to eat more fruit and vegetables and carbohydrates
fat and dairy.
A variety of food is needed in the diet because different foods contain differen
substances that are needed for health – nutrients, vitamins and minerals.
The plate above shows the correct proportions for a balanced meal.
I will know where and how a variety of common ingredients are grown.
I know some fruits and vegetables that are grown in the UK: strawberries, raspber
apples, pears, cherries, plums, carrots, potatoes, tomatoes, onions, turnips, cabba
parsnips, squash, beetroot, and celery.
Seasonal fruit and $\operatorname{veg}$ are those that are ripe and ready to harvest at a particular
of year.
The weather can affect plants and how well they grow.
Key Skills:
To cut food using the claw hold technique independently.
Control the temperature on a hob.
Measure ingredients to the nearest millilitre accurately and assemble or cook
ingredients.
Prepare ingredients safely and hygienically using appropriate kitchen utensils.
Key Vocabulary
•Bread, rice, potatoes, pasta and other starchy foods •Carbohydrates and starch
•Milk and dairy foods• Meat, fish, eggs, beans and other non-dairy sources of pro-
<ul> <li>Sugars and fats</li> <li>Seasonality</li> <li>Flavour</li> <li>Home grown</li> </ul>
Naturally grown •Organically grown •Produce •Millilitre
P.E. – Gymnastics
and the second s
Skills Year 3:

To balance on points and patches with my hips higher than my head. To show my spatial awareness when I move (considering others). To create different shapes with my body. To balance on my head, with a partner supporting my legs if needed. To create interesting point and patch balances with a partner, to describe exactly what I'm doing using gymnastic vocabulary. To perform a series of rolls (forward, pencil). To jump from a small height, turning 90° or 180° and landing safely. To make shapes in the air when jumping from a small height. To travel on apparatus in different ways (forwards, backwards, sidewards, slither, crawl).

## Skills Year 4:

To balance on my head, with my legs straight and toes pointed, with partner supporting if needed. To perform a handstand against a wall or using a partner for support. To create symmetrical and asymmetrical balances with a partner. Perform a sequence of 4 or more gymnastic movements that are linked (e.g., travel, jump, roll, stand, balance). Jump from apparatus, using my body correctly to gain height and land safely. To turn180° when jumping to the right and left. Always show a good gymnastic finishing position. To use a range of available apparatus safely, with caution. Balance on a narrow beam (upturned bench) independently. Travel showing different speeds, directions, foot patterns and levels

## Key vocabulary:

Sequence: Two or more skills which are performed together creating a different combination skill. 90 degree and 180 degree turns. Symmetrical shapes: mirror image shape from a partner. Asymmetrical: a shape that is different on either side of the body