This is the plan for a learning sequence, within each box is the information and resources you need for the sequence and are spilt into sessions.

Metacognitive strategies	Topic Tasks (offline and online)	<u>Topic including PE - Task (offline and online)</u>
Metacognitive strategies The learning sequence in the next two columns is split into a number of sessions. Each session will have a main metacognitive focus but will often include other elements as well. The metacognitive strategies are listed below.	Science and PE	PSHE DT
	 Science - Main learning objective: To be able to describe the importance for humans of exercise. Desired outcome: To be able to recognise the effect of exercise to their body. To be able to use their knowledge of exercise to make a poster explaining the importance Assessment activities to be submitted by 10.12.21 PE - Main learning objective: To take part in different exercises with a team, working together. Desired outcome: To understand the importance of exercise and its effects on their body. 	 PSHE - Main learning objective: To be able to identify people who are special to them. Desired outcome: To explain some of the ways those people are special to them. Assessment activities to be submitted by N/A

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Approach	What is it?	There are 2 linked lessons for Science and PE.	PSHE
Activate	Prompting pupils to think about what they have learnt previously.	Lesson 1	Introduction
	that will help them with their next steps.	Open up the folder – 1 What happens when we exercise ?	Go over what we mean by special people – people who are important in our lives. (Revisit from previous year's activity
		Open the PowerPoint – 1 Exercise in Important.	'Who are our special people?' if necessary).
Explain	Explicitly teaching	10 minutes	The list can include family, friends, people at school and in different community groups - faith groups, out of school clubs.
	strategies to pupils and helping them decide when to	Work through the slides asking the children questions as you go. Assess what they know and what they might be learning for the first time. Stress the benefits of exercise explaining that we	How can special people help us? Take suggestions from the class.
	use them.	will be looking at this in the next lesson – see if there are any experts that will remember these important facts.	What can the children do to help the special people in their lives? Take suggestions.
Practise	Pupils practising strategies and skills	The children will get into their PE kit for the next practical part of the lesson.	Where do our special people come from, which communities? [home, school, street, clubs, church, mosque etc.]
	repeatedly, to develop independence.	15/20 minutes The investigation sheet will need to be printed for each group. In their groups, children will need to test out the activities. On their work sheet, tick or cross the exercises that increase their	Once these points have been talked through, it should be easier for the children to write down whom their special people are, why they are special and where they come from. Make some notes as you go along, on a whiteboard or flipchart.
Reflect	Pupils reflecting on what they have	heart rate. The children will have 15-20 minutes to work through as many of the activities as they can.	Activity
\bigcirc	learnt after they have completed a piece of work.	Challenge - If the children complete the first task. They can create an exercise routine that we could all follow to help keep us fit.	Give the children a blank sheet of large (e.g. A3) paper on which to make a poster about themselves and their special

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Review Revisiting previous	20 minutes Back in class, children to have their own tables with pictures to	people. The children will use the notes made in the introduction to help them with this.
learning after a gap.	cut out. Children to independently cut and stick the exercises into the correct table.	Children can draw a picture of themselves in the middle or, if available, stick a photo of themselves in the middle. The
	Challenge - For children who complete within the time – They can work on the reasoning challenge card. Ask the children to write their answer on their whiteboard.	children can name and draw who their special people are. The reasons they are special and which part of the child's life they come from can be added. Photos of these special people can be brought in and added later.
	Lesson 2	N.B. There may be some children who feel that they do not
	Open up the folder – 2 Why is it important to exercise ?	have many special people in their lives. This needs to be identified early on at the note making stage so the teacher/TA can make some suggestions such as helpful adults around
	Open the PowerPoint from yesterday – 1 Exercise in Important	school. The child will then have something they can put on their poster.
	Revisit some of the key points from yesterday. Then move to	
	slide Part 2. Today the children are boosting their knowledge and previous learning.	Plenary
		Ask each child to think of something to say to their special
	Can they make a zigzag book showing the importance of	person to show how much they mean to them. They can say
	exercise? Suggestion of at least 3 pages.	this out loud (perhaps as a circle time activity), write it on
	Look at the examples of posters on the next slide. Also use the	their poster or keep it to tell their special person when they see them.
	display posters that can be found in the Science/PE folder - 2 Why is it important to exercise ?	DT -
		Main learning objective: To master practical skills. To
	Once the children have had some time to think of some ideas	assemble, join and combine materials. To follow instructions
	and have talked to their partners about what they will produce.	and use tools/equipment safely.
	Children will create their posters. Can they create an	Desired outcome: To identify simple tools and equipment they
	information page for each page of their zigzag book?	will want to use. To join and combine materials
	Stick in Topic book.	independently.

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	Assessment activities to be submitted by N/A
	Lesson 1
	In this lesson, the children will work on and develop some cutting, joining and finishing skills with paper or card.
	The children need to measure the width of their chassis and add 4cms to find out the length of dowel needed for the axle. Next, the children will need to measure and cut two pieces of dowel and sandpaper the ends.
	Adult support to use a stapler and or glue gun to assemble their nets.
	Give the children the opportunity to explore and use wheels, axles and axle holders. Can they assemble their sleigh using chassis, dowel, wheels and stoppers ?
	Lesson 2
	Children will use their design and planning sheet to decorate their sleighs. Encourage the children to carefully follow their plan from last week's lesson.
	Children will have the opportunity to select from and use a range of materials and components such as paper, card and craft materials.