

SF1 Other Subjects Medium Term Curriculum Plan Autumn 1 2025 2026

<b>Week 8</b> 20 <sup>th</sup> - 24 <sup>th</sup> Oct	<p><b>Pupils will know how to maintain balance between work, rest and exercise.</b></p> <p>Pupils will be able to list at least two benefits of regular exercise.</p> <p>Pupils will be able to suggest ways to improve their sleep routine.</p>	<p><b>Pupils will know how to draw comparisons and contrasts between life in the past and present.</b></p> <p>Pupils will be able to research what life was like in Britain in the past. Pupils will be able to explain similarities and differences between life in the past and present.</p>	<p><b>Pupils will learn how to successfully evaluate a project.</b></p> <p>Pupils will be able to calculate how much profit was made from the project. Pupils will be able to evaluate the success of the project and express at least 1 positive highlight and challenge. Pupils will be able to describe at least 1 improvement, changes and next steps. Pupils will be able to identify differences and similarities between previous and current projects.</p> <p><b>Link to DT</b></p>	<p><b>VOLLEYBALL</b></p> <p><b>Pupils to learn about the 3 contact rule</b></p> <p>Pupils will be able to demonstrate understanding of the rule during game situations</p>	<p><b>Pupils will learn to perform and reflect on their own and others' sound creations.</b></p> <p>Pupils are able to perform their sound piece to peers, staff, or audience. Pupils are able to describe their own contribution and choices. Pupils are able to listen and respond positively to others' performances.</p>	<p><b>FOOD ROOM – COOKING</b></p> <p><b>Pupils will learn how to follow and implement a chocolate cake/muffins.</b></p> <p>Pupils are able to demonstrate and explain how to accurately weigh and measure the ingredients.</p> <p><b>Discuss health and safety aspects of session. Introduce the ingredients, watch video and pupils will be able to step by step make chocolate cake/muffins</b></p>	<p><b>Pupils will learn how to lead their own orienteering course/ scavenger hunt.</b></p> <p>Pupils will be able to apply different skills learnt during this half-term to lead their own course.</p> <p>Pupils will be able to support in trialling/ testing each other's orienteering courses.</p>
<b>Week 7</b> 13 <sup>th</sup> - 17 <sup>th</sup> Oct	<p><b>Pupils will know how to decide when to call emergency services.</b></p> <p>Pupils will be able to explain what situations are emergencies.</p> <p>Pupils will be able to choose the correct action in given scenarios.</p>	<p><b>Pupils will know how the UK's population has changed over time.</b></p> <p>Pupils will be able to identify countries where immigrants and settlers have come from to the UK. Pupils will be able to explain reasons why people emigrate/migrate to other countries. Pupils will be able to describe how the UK's population has changed.</p>	<p><b>Pupils will learn how to finalise and gift wrap a product.</b></p> <p>Pupils will be able to quality control all elements of the products, ready to be sold. Pupils will be able to show or explain how to professionally package a product. Pupils will be able to organise at least 5 products on a sale stand.</p> <p><b>Link to DT</b></p>	<p><b>DODGEBALL</b></p> <p><b>Pupils to learn 3 key dodgeball rules.</b></p> <p>Pupils will be able to demonstrate knowledge of dodgeball rules when umpiring games</p>	<p><b>Pupils will learn to rehearse and adapt a group performance using instruments and technology.</b></p> <p>Pupils are able to rehearse their sound pattern or beat with others. Pupils are able to suggest ways to improve (change tempo, add FX, remix loops). Pupils are able to demonstrate confidence by playing again with consistency. Pupils are able to adapt their role using different sounds or tech tools.</p>	<p><b>FOOD ROOM – COOKING</b></p> <p><b>Pupils will learn how to follow and implement a Tomato &amp; Red pepper soup.</b></p> <p>Pupils are able to demonstrate and explain how to make Tomato and Red Pepper soup.</p> <p><b>Discuss health and safety aspects of session. Introduce the ingredients, watch video and pupils will be able to step by step make Tomato &amp; Red Pepper soup</b></p>	<p><b>Pupils will learn how to plan their own orienteering course.</b></p> <p>Pupils will be able to identify suitable locations to position control markers enabling them to be accessed by a variety of abilities.</p> <p>Pupils will be able to use different skills learnt during this half-term to create their own course.</p>
<b>Week 6</b> 6 <sup>th</sup> – 10 <sup>th</sup> Oct	<p><b>Pupils will know how to perform CPR.</b></p> <p>Pupils will be able to explain what CPR is and how to do it.</p> <p>Pupils will be able to explain why CPR saves lives.</p>	<p><b>Pupils will know how to identify areas of high ground on maps.</b></p> <p>Pupils will be able to shade areas of high ground and relief on at least 2 different maps. Pupils will be able to explain how relief affects people (e.g. settlement, farming, weather).</p>	<p><b>Pupils will learn how to market their product to a target audience.</b></p> <p>Pupils will be able to advertise their product by creating a poster. Pupils will be able to create an eye-catching poster using Desktop publishing software. Pupils will be able to include at least 3 pieces of relevant information in their poster.</p> <p><b>Link to DT.</b></p>	<p><b>DODGEBALL</b></p> <p><b>Pupils to learn the tactic of attacking from different angles.</b></p> <p>Pupils will be able to demonstrate attacking from different angles during game situations.</p>	<p><b>Pupils will learn to combine sounds to create a group piece that tells a story.</b></p> <p>Pupils are able to select and share their “sound signature” in the group piece. Pupils are able to contribute ideas for structure (beginning, build-up, ending). Pupils are able to demonstrate teamwork by keeping in time or fitting sounds together. Pupils are able to explain what their part represents in the story.</p>	<p><b>FOOD ROOM – COOKING</b></p> <p><b>Pupils will learn how to follow and implement an Apple Crumble recipe</b></p> <p><b>Pupils are able to</b> demonstrate and explain how to make an Apple Crumble with cooking apples and jar of apples</p> <p>Pupils will be able to communicate which they prefer jar of apples or cooking apples.</p> <p><b>Discuss health and safety aspects of session. Introduce the ingredients, watch video and pupils will be able to step by step make APPLE CRUMBLE</b></p>	<p><b>Pupils will learn how to create their own map of a familiar environment (Classroom/ School).</b></p> <p>Pupils will be able to identify features that appear on a map.</p> <p>Pupils will be able to demonstrate how to draw and scale items/ locations on a map.</p>
<b>Week 5</b> 29 <sup>th</sup> Sept- 3 <sup>rd</sup> Oct	<p><b>Pupils will know how to plan a healthy diet on a budget.</b></p> <p>Pupils will be able to compare healthy and unhealthy food choices.</p> <p>Pupils will be able to create a simple meal plan using affordable foods.</p>	<p><b>Pupils will know how to analyse historical sources to find out information about a particular area (London) and how it may have changed overtime.</b></p> <p>Pupils will be able to locate and label London on a UK map. Pupils will be able to demonstrate ways of analysing data and historical sources linked to London. Pupils will be able to compare maps of the same area from two different historical periods drawing comparisons and differences between them.</p>	<p><b>Pupils will learn how to make and assemble a product.</b></p> <p>Pupils will be able to use the appropriate Cricut tools and equipment to cut out designs. Pupils will be able to assemble and prepare parts of a product ready to sell.</p> <p><b>Pupils will be able to demonstrate team work by sharing job roles, work collaboratively and clear communication.</b></p> <p><b>Link to DT</b></p>	<p><b>DODGEBALL</b></p> <p><b>Pupils to learn how to perform 3 player attacks</b></p> <p>Pupils will be able to demonstrate performing 3 player attacks during games.</p>	<p><b>Pupils will learn to listen and respond by creating their own short musical identity.</b></p> <p>Pupils are able to copy and repeat short rhythms or beats. Pupils are able to create a personal sound pattern, riff, or short loop. Pupils are able to demonstrate their “sound signature” for others.</p>	<p><b>FOOD ROOM – COOKING</b></p> <p>Pupils will learn how to cook a basic Sweet &amp; Sour Chicken</p> <p>Pupils are able to demonstrate and explain how to make Sweet &amp; Sour Chicken</p> <p><b>Discuss health and safety aspects of session. Introduce the ingredients (and watch video) pupils will be able to step by step make Sweet and Sour Chicken</b></p>	<p><b>Pupils will learn how to mark control points on a map.</b></p> <p>Pupils will be able to identify at least 2 areas/ locations suitable for positioning control points.</p> <p>Pupils will be able to demonstrate how to use a map to find control points.</p>
<b>Week 4</b> 22 <sup>nd</sup> - 26 <sup>th</sup> Sept	<p><b>Pupils will know how to recognise illnesses like meningitis and flu.</b></p> <p>Pupils will be able to identify key symptoms of meningitis and flu.</p> <p>Pupils will be able to decide when to ask for help based on symptoms.</p>	<p><b>Pupils will know the names of at least 3 major UK rivers</b></p> <p>Pupils will be able to recall the names of at least 3 major UK rivers. Pupils will be able to locate and label at least 3 major UK rivers on maps. Pupils will be able to explain why rivers are important.</p>	<p><b>Pupils will learn how to research ideas for a Halloween enterprise project.</b></p> <p>Pupils will be able to identify at least 2 potential products to make and sell. Pupils will be able to calculate the costs of making at least 1 product.</p> <p><b>Link to DT</b></p> <p><b>MACMILLAN COFFEE MORNING</b></p>	<p><b>CYCLING</b></p> <p><b>Pupils will learn how to coast on a bike.</b></p> <p>Pupils will be able to demonstrate getting a push start on the balance bike and coasting for at least 3 seconds.</p> <p><b>Pupils will learn how to balance on a bike</b></p> <p>Pupils will be able to demonstrate keeping their weight centred over the middle of the balance bike</p>	<p><b>Pupils will learn to create and describe soundscapes that represent familiar places.</b></p> <p>Pupils are able to identify a place that is important to them (bedroom, park, city street, football pitch). Pupils are able to select sounds (drum = footsteps, synth = traffic, shaker = birds). Pupils are able to describe why they picked those sounds. Pupils are able to contribute to a class soundscape combining different places.</p>	<p><b>FOOD ROOM – COOKING</b></p> <p><b>MACMILLAN COFFEE MORNING.</b> (day needs changing to bake either Friday before coffee morning or day before eg Thursday</p> <p>Pupils will be able to demonstrate and explain how to weigh and measure accurately ingredients.</p> <p><b>Discuss health and safety aspects of session. Introduce the ingredients and pupils will be able to step by step make different varieties of cakes</b></p>	<p><b>Pupils will learn how to orientate a map.</b></p> <p>Pupils will be able to demonstrate how to orientate and rotate a map when moving around the school grounds.</p>
<b>Week 3</b> 15 <sup>th</sup> - 19 <sup>th</sup> Sept	<p><b>Pupils will know how to describe what health and wellbeing means.</b></p> <p>Pupils will be able to identify at least two things that help them stay healthy.</p> <p>Pupils will be able to recognise the difference between healthy and unhealthy choices.</p>	<p><b>Pupils will know the names of the seas that surround the UK and be able to locate them using a map.</b></p> <p>Pupils will be able to annotate and label the seas that surround the UK on a map.</p> <p>Pupils will be able to explain the importance of seas for example; trade, travel and industries like fishing.</p>	<p><b>Pupils will learn how to budget and purchase products for an event.</b></p> <p><b>(Trip to Home Bargains).</b></p> <p>Pupils will be able to identify appropriate products to purchase for an event. Pupils will be able to demonstrate how to stay within a planned budget. Pupils will be able to use money in the community.</p>	<p><b>FOOTBALL</b></p> <p><b>Pupils will learn how to utilise counter attacking tactics during games.</b></p> <p>Pupils will be able to demonstrate dribbling towards the goal with speed, getting in good attacking positions or passing to teammates in attacking positions straight after winning the ball back when defending.</p> <p><b>Football Tournament</b> <b>Friday 19th September</b></p>	<p><b>Pupils will learn to demonstrate how sounds can express different moods and feelings.</b></p> <p>Pupils are able to choose sounds or beats to represent feelings (happy, chilled, angry, excited). Pupils are able to explain how their chosen sound matches a feeling. Pupils are able to demonstrate emotions through playing or sound mixing.</p>	<p><b>FOOD ROOM: Cooking Session</b></p> <p>Pupils will learn how to cook a basic Chicken Curry</p> <p>Pupils will be able to demonstrate and explain how to make a basic chicken curry</p> <p><b>Discuss health and safety aspects of session. Introduce the ingredients, watch video and pupils will be able to step by step make chicken curry.</b></p>	<p><b>Pupils will learn how to find and identify control markers using a map.</b></p> <p>Pupils will be able to use a map independently/ with support to correctly identify at least 8 out of 10 markers.</p>

<b>Week 2</b> 8 <sup>th</sup> – 12 <sup>th</sup> Sept	Pupils will know how to select and discuss relevant articles/ stories from the News.	Pupils will know how to locate, identify and name the 4 UK countries. Pupils will be able to identify and label the capital cities for all 4 countries in the UK. Pupils will be able to recall at least four points of a compass for direction.	Pupils will learn how to plan and advertise for a fundraising event. Pupils will be able to research 1 charity and find out about upcoming events. Pupils will be able to create an informative poster about an upcoming charity event.	<b>FOOTBALL</b> Pupils will learn how to use tactics that help the team keep possession. Pupils will be able to demonstrate using tactics during game situations that help the team keep possession of the ball.	Pupils will learn to explore and identify different musical sounds using real instruments and apps. Pupils are able to select and experiment with real instruments (keyboard, guitar, drums, percussion). Pupils are able to use technology (GarageBand, Chrome Music Lab, DJ app) to make and change sounds. Pupils are able to choose one sound or instrument they like best.	FOOD ROOM Pupils will learn how to cook sausage rolls.  Pupils will be able to demonstrate and explain how to make sausage rolls  <b>Discuss health and safety aspects of session. Introduce the ingredients, watch video and pupils will be able to step by step make sausage rolls</b>	<b>Pupils will learn how to recognise orienteering markers.</b>  Pupils will be able to demonstrate finding at least 10 out of 15 markers either by using a map or by looking for them when moving around the grounds.
<b>Week 1</b> 1 <sup>st</sup> – 5 <sup>th</sup> Sept	SETTLING DAY/ BKS B Assessments	SETTLING DAY/ BKS B Assessments	SETTLING DAY		<b>Pupils will learn to identify and describe the sounds that make up their daily world.</b> Pupils are able to identify sounds from school, home, or community. Pupils are able to describe sounds using words like loud/quiet, high/low, smooth/rough. Pupils are able to choose a personal sound that feels important to them (e.g. a bus engine, phone alert, laughter).	Settling day/ BKS B Assessments  Recipes can be subject to change	Settling day/ BKS B Assessments
	PSHE-PW	Humanities- PW	Enterprise- MA	PE- KG	Music/Drama- AB	Food & Nutrition- JW	Orienteering - PW

EmployabilitySafeguardingSMSCEducational VisitSex and relationshipsBullyingOnline safety