

	Learning objective	Main teaching	Activity	Resources	Vocabulary
Monday PSHE	To know who to ask for help	<p>Watch the lesson video https://classroom.thenational.academy/lessons/my-family-network-75j64c?step=1&activity=video.</p> <p>Identify the people who care for us, this could include a parent, carer, older sibling or teacher. Then consider who you could ask for help, if you ever needed it and understand that you might ask different people for help with different things.</p> <p>Today we will make a 'Jar of help' – where we can look if we need help.</p>	<p>On small pieces of paper, write notes like, "My mum will help me if I hurt myself." or "My grandad will help me fix things."</p> <p>Fold each note in half and stick it into the jar outline to make a 'Jar of help' – where we can look if we need help.</p>	jar outline	help family adult
Tuesday Science and PE		See Miss Foster's plans			
Wednesday DT	To design a product based on design criteria	<p>Look at the design criteria together.</p> <p>What kind of hand puppet will you make and how will it meet the design criteria?</p> <p>What will you need to make your puppet? What will it look like?</p>	Use the design template to design and label a simple hand puppet of a sea creature.	design template sheet	design criteria product
Thursday History	To use sources to learn about the past	<p>Hear about a Victorian seaside trip from the point of view of a child: listen to https://www.bbc.co.uk/teach/school-radio/audio-stories-victorian-seaside/zfxjkmn.</p> <p>While listening to the story, pause it at intervals to discuss.</p>	Allow time for children to create a mind map in their books – with guidance – while listening to the story, to show what they have learnt about a Victorian seaside holiday from the story.	n/a	Victorian seaside resort excursion
Friday PE	To accelerate and run with speed	<p>Warm-up - Run with small steps/ arms folded/ arms pumping/ as if in water. Teach a standing start – 'on your marks' and 'set' positions. Practise this, with a whistle for 'go'.</p> <p>Teach sprinting technique:</p> <ul style="list-style-type: none"> • eyes to the front • straight path • arms bent at elbows • knees and feet 'picked up' • co-ordinated rhythm <p>https://coachingyoungathletes.com/2017/05/04/a-sample-sprints-lesson-plan-for-coaches-of-kids/</p>	Shuttle Relays	bean bags cones to mark start and finish scarf to pass in relay	run sprint accelerate decelerate relay race