


Social Action Curriculum Integration Map

The following curriculum maps provide links to integrate the topic of Health within the National Curriculum at Key Stage 1. It can be read to obtain an overview of the links made with the topic of Health in the National Curriculum or be used to inform the planning of activities that will teach social action skills or inform future social action planning. or be used to inform the planning of activities that will teach social action skills or inform future social action planning. of activities that will teach social action skills or inform future social action planning.


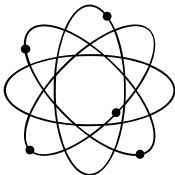


Suggested links for integration with curriculum designs at Key Stage 1

Key Stage 1 - Year 1

<p>Reading</p> 	<p>Explore picture books and develop identification of fruits and vegetables. Some possible texts could include:</p> <p>'It all starts with a seed...how food grows' by Emily Bone 'Oliver's Vegetables' and 'Oliver's Fruit Salad' by Vivienne French 'Kew: Lift and Look Fruit and Vegetables' by Tracy Cottingham 'Goodnight, Veggies' by Diana Murray 'Peter Rabbit' by Beatrix Potter</p>
<p>Science</p> 	<p>Possibility to integrate some work on seasonal fruits and vegetables when learning about seasonal changes. This could be done through making observations in nature and exploring how fruits and vegetables grow or by growing their own garden.</p>
<p>PSHE</p> 	<p>Learn about health and handwashing with the Health Matters series books.</p> <p>Recognise feelings and emotions with 'We Feel Happy' by Katie Abbey or 'The Colour Monster' by Anna Llenas</p>
<p>Art & DT</p> 	<p>Use watercolour pencils to create a fruit and veg still life artwork.</p> <p>Use cross-sections of vegetables and fruits to make prints and play recognising which is what?</p>

<p>P.E.</p> 	<p>Introduce the role of physical activity in health during PE lessons. 'The Burpee Bears' by Joe Wicks is a great book for 3 and 4+ to learn how to exercise, healthy tips and meals recipes. A great text to introduce any project linking to physical education.</p>
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Key Stage 1 - Year 2

<p>Reading</p> 	<p>Work on text types and write an instruction text for handwashing. Teach the use of commands when writing a healthy recipe e.g. 'mix the ingredients together'; 'add the seasoning', etc.</p>
<p>Science</p> 	<p>Introduce Young peoples to mindfulness. 'All that We Feel' by Anna Bjarkvik, and other titles part of the <i>Mindfulness for Young people</i> series can be used as a resource.</p>
<p>PSHE</p> 	<p>Explore the question 'Where does food come from?' when learning about food chains and different sources of food. There are possibilities to make other links on the importance exercise, eating a variety of foods and keeping good hygiene.</p>
<p>Art & DT</p> 	<p>Explore different recipes of dishes and work out 'Which recipe would make a healthy meal?' Cook a meal and invite parents or people in the community to share a healthy meal together.</p>