

Year 1 – Superhero Me

Key Aim – Through this theme, we aim for children to be confident naming basic parts of the human body and to link them to the 5 senses.

Key facts (Science):

- The human body has lots of different parts. Each body part is important and helps a human function. Feet, legs, arms, hands, head, chest and abdomen along with other body parts make up the human body.
- To help humans interact with their surroundings, the body has various 'senses'. Humans can see, smell, hear, taste, and feel. These are a few of our senses and they are associated with different body parts.
- A human uses their tongue to taste, eyes to see, ears to hear, nose to smell and skin to feel. They use these all together to help interact with their surroundings.

Key Concepts and Skills:

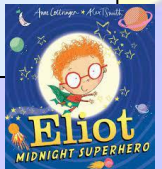
- Identify, name, draw and label the basic parts of the human body
- Say which part of the body is associated with each sense

Key Vocabulary:

Human	Body	Sense	Sight
Neck	Elbow	Knee	Hear
Tongue	Wrist	Hip	Touch
Shoulder	Back	Ankle	
Arm	Skin	See	
Taste	Feel	Smell	

Quality Texts to Inspire Us:

- Supertato by Sue Hendra and Paul Linnet
- Eliot Midnight Superhero by Anne Cottringer



YEAR 1
Superhero Me
Autumn i 2025

Outcome: The children will use the knowledge they have learnt about senses to investigate the answer to a problem.

Hook: The books 'Supertato' and 'Eliot Midnight Superhero'



As **Readers**, we will:

- Recap the phase 3 sounds we learnt in reception
- Blend to help us read new words
- Reread to develop our fluency

Key Texts:

- Books linked to Big Cats
- Supertato
- Eliot Midnight Superhero

As **Writers**, we will:

- Begin to use capital letters and full stops in our sentences
- Begin to write simple sentences
- Say our sentences out loud before we write them

Key Vocabulary:

- Capital letter
- Full stop
- Sentence

Must Haves:

- Say sentence out loud

As **Mathematicians**, we will:

Fluency

- Counting forwards and backwards within 10
- Counting objects one at a time

Calculation

- Count on from any number
- Find 1 more and 1 less than a number
- Compare numbers using greater than, less than and equal to
- Use part whole models to show numbers to 10

Key Vocabulary:

- Count on
- Count back
- Number line
- Greater than
- Less than
- Equal to
- Part whole

As **Scientists**, we will:

- Identify basic parts of the human body
- Know the 5 senses that we have
- Identify which part of the body is associated with each sense
- Begin to observe seasonal changes

Key Vocabulary:

- Senses - taste, hear, touch, smell, see
- Basic body parts – wrist, elbow, knee etc
- Seasons – autumn, winter, spring, summer

As **Geographers** we will:

- Name and identify the four countries of the United Kingdom
- Explore maps, globes and atlases to locate the four countries of the United Kingdom
- Name the surrounding seas of the United Kingdom
- Name the capital cities of the four countries of the United Kingdom

Key Vocabulary:

- England, Northern Ireland, Scotland Wales
- United Kingdom
- Atlas
- English Channel, North Sea, Irish Sea, Atlantic Ocean

As **Designers and Artists**, we will:

- Explore colour mixing
- Know the primary colours
- Draw using observational drawing skills
- Develop our painting techniques

Key Vocabulary:

- Primary colours (red, blue, yellow)
- Observation
- Sketch

As **Computer Technologists** we will:

- Understand what technology is and how it is used
- Develop our mouse skills
- Develop our keyboard skills
- Learn how to use a computer responsibly

Key Vocabulary:

- Mouse
- Keyboard
- Trackpad
- Technology

In **PE** we will:

- Explore static balances
- Perform balances using different parts of the body
- Travel around an area in different ways

Key Vocabulary:

- Balance
- Push
- Co-ordination

In **PSHE** we will:

- Decide rules to keep ourselves happy and safe in year 1
- Identify healthy and unhealthy foods
- Discuss who we can talk to when we find things difficult

Key Vocabulary:

- Healthy
- Unhealthy

As **Musicians**, we will:

- Recognise, respond to and keep a steady pulse
- Combine long and short sounds to make simple patterns
- Know and perform a range of songs and action songs

Key Vocabulary:

- Pulse
- Long and short