


The Firs Lower School  
**Firs Key Themes Overview**




For more information on knowledge and skills progression YR-Y4 - See Firs Lower School Scheme of Work


| Key Theme   | Aims  | Corresponding Section(s) in Knowledge and Skills Maps   |
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| <p><b>1. Healthy Bodies and Minds (HBM)</b></p>  | <ul style="list-style-type: none"> <li>a) To ensure that children know about keeping hydrated and the key aspects in ensuring they eat a balanced diet.</li> <li>b) To provide opportunities to get enough exercise in school and to learn about the need to keep fit and healthy.</li> <li>c) To support children in recognising their own emotions and the feelings of others and to begin to understand how our emotions influence what we do.</li> <li>d) To help children to know about mental health, what it means, ways to look after their own and how to seek help.</li> <li>e) To make sure children know the dangers they may meet online or when messaging, ways to keep themselves safe and how to get help.</li> </ul> | <p><a href="#"><u>Diet, Food and Drink</u></a></p> <p><a href="#"><u>Developing an Active Lifestyle</u></a></p> <p><a href="#"><u>Emotional and Mental Health</u></a></p> <p><a href="#"><u>Internet Safety</u></a></p> |

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| <p><b>2. Developing Me! (DM!)</b></p>  | <p>a) To provide opportunities to explore moral issues and personal qualities, so that children develop an understanding and appreciation of The Firs' Values.</p> <p>b) To explore our 22 values in more depth, looking at how they shape the community we live in.</p> <p>c) To help children to understand and embrace the aspects of a Growth Mindset.</p> <p>d) To support the acquisition of good teamwork skills and an ability to work successfully with others.</p> <p>e) To teach the personal skills that will develop children's independence and self confidence.</p> <p>f) To enrich children's learning by giving opportunities to experience traditional games, nursery rhymes, songs, fairy tales and texts from the canon of great children's literature.</p> <p>g) To teach children about some of the great artists, musicians</p> | <p><u><a href="#">Our Values</a></u></p> <p><u><a href="#">Learning to Learn</a></u></p> <ul style="list-style-type: none"> <li>● Team Work</li> <li>● Creativity</li> <li>● Enquiry</li> <li>● Commitment</li> <li>● Reflection</li> </ul> <p><u><a href="#">Look what I can do!</a></u></p> <p><u><a href="#">Our Culture</a></u></p> |

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|  | <p>and scientists of the past and to feature their work and thinking in the art, music and science curriculum.</p> <ul style="list-style-type: none"> <li>h) To develop children’s appreciation of and provide opportunities to experience, a range of traditional sports, whilst developing associated skills.</li> <li>i) To begin to learn about and discuss gender and race equality issues in Y4 and begin to learn some of the history behind the moves for emancipation in the 19th and 20th Centuries.</li> <li>j) To be given opportunities in Y4, to discuss and learn about age appropriate current affairs.</li> </ul> |  |
| <p><b>3. Forest Schools and the Environment (FSE)</b></p>  | <ul style="list-style-type: none"> <li>a) To learn about the natural world around them, including local trees, wildlife and the seasons.</li> <br/> <li>b) To understand the problems facing the environment (including global warming, pollution, waste management and impact on the natural world) and ways we can take action to tackle issues.</li> </ul>  | <p><a href="#"><u>Appreciating The Natural World.</u></a></p><br><p><a href="#"><u>What is Waste? (Y2)</u></a></p> <p><a href="#"><u>Litter (Y2)</u></a></p> <p><a href="#"><u>Decomposition (Y3)</u></a></p> <p><a href="#"><u>Managing Waste With The 5Rs! (Y3)</u></a></p> <p><a href="#"><u>Packaging (Y3)</u></a></p> <p><a href="#"><u>Waste- A Human Problem (Y4)</u></a></p> <p><a href="#"><u>Marine Waste (Y4)</u></a></p> |

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|  | <p>c) To be aware, at an age appropriate level, of current affairs relating to environmental issues.</p> <p>d) To benefit from forest school's work that develops practical skills, teaches about the natural world and gives opportunities to support outdoor learning in other curriculum areas.</p> <p>e) To develop social skills, independence and to foster self belief and confidence in Forest School sessions.</p> | <p><u>Global Warming (Y4)</u></p> <p><u>Waste- A Human Problem (Y4)</u></p> <p><u>Marine Waste (Y4)</u></p> <p><u>Global Warming (Y4)</u></p> <p><u>Forest Schools.- Practical Skills and Tool Work</u></p> <p><u>Forest Schools - Physical Development and Healthy Lifestyles</u></p> <p><u>Forest Schools - Supporting The Wider Curriculum</u></p> <p><u>Forest Schools.- Team Work and Problem Solving</u></p> |
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