# Year 1 Autumn Term 2026
# My Brilliant Body



## Science

**Animals including Humans:** We will learn more about our bodies; identifying, naming, drawing and labelling parts of the human body; knowing which part of the body is associated with each sense. We will begin to explore the changes of the seasons with a focus on Autumn; observing and describing the weather associated with Autumn and how the day length varies.

## Art and Design

**Drawing:** self-portraits inspired by Pablo Picasso's self-portraits. Focusing on light and dark (tone) and different lines to create pattern. Talk about how different pieces of art make us feel and what we like / dislike about them. Key Artists - Van Gogh and Picasso.

## Music

**Keeping the Pulse:** To know that pulse is the regular heartbeat within music. To use our voices to speak with a beat. Use our voices to sing high and low sounds. To count the beats (syllables) in words. To know that notation is read from left to right. To read and play sound patterns.

## PSHE

**Me and My Relationships:** Understand that classroom rules help everyone to learn and be safe; develop our listening skills; recognise our own and others' feelings and develop our vocabulary to talk about them; explore ways to deal with hurt feelings

## English

**Writing:** Sit correctly at a table, holding a pencil comfortably and correctly using a tripod grip. Write dictated sentences with sounds and words learnt. Learn what a subject, verb and object are so that we can use words to make sentences. Know that a noun is the name of a person, place or thing; that sometimes a noun can be called a subject. Know and use the different forms of the verb 'to be' (am is are was were). Know and use the different forms of 'to have' (has, had). Say aloud what we are going to write about. Write a sentence in the simple present tense Re-read a given sentence and change spelling or punctuation. Add missing full stops to the end of sentences. Add missing capital letters for the start of sentences and proper nouns.

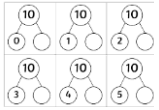
## RE – Who created the world

Recognise that 'Creation' is the beginning of the 'big story' of the Bible. Retell the story of Creation from the Bible. Talk about what the story tells Christians about God, Creation and the world. Think about what Christians do to say thank you to God for the Creation. Think, talk and ask questions about living in an amazing world.

## Mathematics

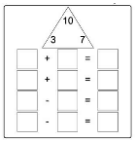
**Number and Place value within 10**

- Counting objects
- Representing numbers
- Counting on and back from a number
- Investigating 1 more & 1 less
- Comparing amounts
- Learning numbers as words



**Addition and Subtraction within 10**

- Introduce part-whole model
- Number bonds and fact families
- Reasoning and problem solving



## Computing

**Online Safety**: Discuss what the internet is and how it can be used. Recognise that the internet may affect mood or emotions. Recognise how internet use can affect and upset others. Identify which information is appropriate to share and post online and which is not.

## PE

**Locomotion:** We will explore moving into spaces, in different directions; at different speeds and apply this to games with rules. Learn what happens to our hearts when we exercise.

**Gymnastics:** We will using different body parts to create different shapes; big and small, work in pairs, use apparatus and describe how to be a 'champion' gymnast.

## History

We will learn about changes in living memory and childhood then and now