

## Fighting Fit KS1 Theme Chart

	Accident and Emergency <i>Science/Geography/D&amp;T</i>	Making Things Better <i>History/Science/Eng</i>	Field to Fork <i>Science/Art</i>	Nurse Mary Seacole <i>History/D&amp;T</i>
1	John Patrick Norman [2] McHennessy: what is an emergency? (Eng/Geog)	Going to the doctor - what makes a good doctor? (Science/Eng)	Read food poems - [2] factual or imaginary? Healthy food (Eng/Sci)	Nurse Mary Seacole - trad Jamaican remedies- ginger beer (Hist/D&T)
2	Watch Animated Tale <i>A Day of 999</i> : Emergency services (Eng/Geog) [2]	Medicines - modern drugs and traditional remedies (Sci/Hist)	<i>The World Came to My Place Today</i> - what we eat each meal (Sci/Eng)	Nurse Mary Seacole - Jamaica then, holiday pictures now (Hist/Geog)
3	<i>A Day of 999</i> : Look at ambulances - role and function (Eng/Geog)	Story- <i>Helen Keller</i> [2] First words and colours for the blind (Eng/Hist)	<i>The World Came to My Place Today</i> - where are foods from (Sci/Geog)	Mary Seacole's life story - where she went, what she achieved (History)
4	Ambulances - Heart and lung functions. How we breathe (Sci/Eng)	History of <i>Louis Braille</i> - writing in Braille /night language (Eng/Hist)	Consider dairy products - from the cow to the kitchen (Sci/Eng)	Cholera - Mary Seacole's nursing - how we make water safe (Hist/Sci)
5	Human skeletons - look and identify backbone & other bones (Sci/Eng)	Dogs for the Blind - their history - how they are trained (Hist/Eng)	Using dairy products in cooking - making milk puddings (Sci/D&T)	Crimean War - what was it like? Paint a battle background (Hist/Art)
6	Look at vertebrates and invertebrates: animal skeletons (Sci/D&T)	Helen Keller, deaf - British Sign Language - learn words (Sci/Eng)	Butter and butter-like spreads - design a fair taste test (Sci/Geog)	Crimean War - soldiers: uniforms, painting the battle scene (Hist/Art)
7	Create pipe-cleaner animal 'skeleton' & cover with plaster (Sci/D&T)	Beethoven the deaf composer - listen, feel, then paint (Music/Art)	Calcium - essential to the diet. Create pastel self portraits (Sci/Art)	Mary Seacole's hospital - what was it like? Diffs & similarities (Hist/Sci)
8	Complete our plaster animals / reflect on our skeletons (Sci/D&T)	Mobility aids - diff types Granny scooters - design a cool e.g. (Sci/D&T)	Food miles - chn explore how far their food has travelled (Geog/Sci)	Equipment/techniques in Crimean hospitals: clean bandages (Hist/Sci)
9	St John's Ambulance History and first aid for cuts (History/Sci)	Forces pushing cars up ramps - design ramps for wheelchairs (Sci/D&T)	Plan & design a meal with few food miles: repres-ent as art (Geog/Art)	Prepare a role play of events in Mary Seacole's hospital (Hist/Drama)
10	St John's Ambulance - act out first-aid in an accident (Drama/Sci)	Read <i>Courtney</i> - how to care for the ideal pet [2] Write advert (Eng/Sci)	Food types - fruit/veg, protein, carbohydrate, sugars, find e.g.s (Sci)	Finish/perform dramas of Crimean hospital incidents (Hist/Drama)
11	Five Brave Fire-fighters - cartoon strip stories of emergencies (Eng/Geog)	Read <i>Bold the Bad</i> - talk about the vets - history of vets (Sci/Hist)	Discuss food types - design daily menu, write as list (Science/Eng)	Create mini-hospital for teddy/dolls. Make model beds as well (Hist/D&T)
12	Visit of a fire-fighter - find out all about fire-fighter's role (Geog/D&T)	A visit to the vets - ask questions prepared in advance (Geog/Hist)	<i>Wonder Goal</i> : M Foreman - our dream of being [2] famous... (Eng/PE/Art)	Continue to create mini-hospital, making some relevant objs (Hist/D&T)
13	Police cars from diff countries - make a lego police car (Geog/D&T)	Review Vet's visit - plan and design Vet's surgery in classroom (Eng/Geog)	<i>Wonder Goal</i> : Create water-colour illustrations for our books (Eng/Art)	Equipping our mini-hospital - accurate to Crimean war (Hist/D&T)
14	Study how a push makes a car go faster - create fast cars (Sci/D&T)	Create a role play area of a vet's surgery in the classroom (D&T)	Complete our pictures - draw round posed people for our dreams (Eng/Art)	Play with mini-hospital - act out and role-play scenarios (Hist/Eng)
15	The International Red Cross - a history. Charity fund raising (Hist/Eng)	Show pet skeletons - identify the bones, then draw animal (Sci/Art)	Healthy life-style - lots of exercise. Measure pulse rates (Science/PE)	Poem from Crimean war - write letter to news-paper (Hist/Eng/Art) [2]
16	Run a Bring'n Buy sale for the Red Cross. Write signs/labels (Geog/Eng)	Vertebrates - different types Create skeleton transparency (Sci/Art)	Healthy lives - sport - arm wrestling championships (Science/PE)	Research Great Black Britons - make a presentation (Hist/Eng) [2]

## Fighting Fit KS1: Key Texts and Resources

### **Theme 1: Accident and Emergency (Science/Geography/D&T)**

The first five sessions of this Theme draw upon *John Patrick Norman McHennessy by John Burningham* ISBN 009975200X. The entire Theme also uses the Animated Facts of *A day of 999*, which can be downloaded free from the site. This is very short and could be viewed on a monitor as well as (more preferably) on an interactive whiteboard. We look at each of the emergency services in turn - ambulances (including heart and lung functions and skeletons and bones); police (including some work on fast cars and forces) and fire-engines (including a visit from a fire-fighter). The ambulances aspect incorporates work on St John's Ambulance and the Red Cross. The theme ends with a 'Bring 'n Buy' sale in aid of the Red Cross!

### **Theme 2: Making Things Better (History/Science/English)**

This Theme considers the ways in which sick or disabled people can live fulfilled and active lives. Drawing upon information provided on the resource sheets and/or suggested websites, we look at the life of Helen Keller, the invention of Braille and the use of sign language. Chn learn about how Beethoven conducted the ninth symphony when he was totally deaf and they also design mobility aids - cool scooters for grannies! The second half of the Theme is concerned with vets and pet skeletons! There is a visit to a vet's surgery, which will need organising in advance.

### **Theme 3: Field to Fork (Science/Art)**

*The World Came to My Place Today* by Jo Readman and Ley Honor Roberts (Eden Project) ISBN 1903919029 and some food poems are used in the first few sessions to kick-start the discussion of what we eat and where it comes from. Chn study dairy products, tracking these from the cow to the table, and then look at our diet, at where food in the supermarket comes from and at food types. We use *Wonder Goal* by Michael Foreman 0099456257 to generate six sessions work on exercise, sport and healthy life-styles.

### **Theme 4: Nurse Mary Seacole (History/Art)**

This Theme provides a complete progression in history as chn study the life, work and times of Mary Seacole nursing in the Crimean war. This remarkable woman's life is tracked from her beginnings as a nurse in the Caribbean and then in Central America, through to her extraordinary hospital on the front lines in the Crimean. Sources from the time, such as Punch cartoons and letters to the newspapers are considered and chn also build and equip a miniature version of the Crimean war hospital. They compare hospital equipment and resources then and now. No specific texts are required for this Theme which draws on a variety of specifically produced Hamilton resources as well as websites.