

Year 1 – Superheroes

Health & Wellbeing Theme

Kapow! Boom! Zap!

In this unit of work, you will talk about what makes a hero. You will think about what is super about you and also how to keep yourself super strong and healthy. You will learn about some people from the past and find out what made them superheroes. You will also consider how you have changed over time. Then you will learn about a comic book artist and make a superhero cape or mask. How exciting!

Personal, Social, Health and Citizenship

- I can name parts of the body, including genitalia.
- I can identify similarities and differences between boys and girls.
- I know about good and not so good feelings and to develop simple strategies to manage those feelings.
- I understand what proud and jealous emotions feel like.
- I can talk simply about why exercise is important for me.
- I can talk about what I am good at.
- I know which foods are healthy and which are not.
- I know how to keep myself clean.
- I know how to brush my teeth effectively.
- I know that fire can be dangerous.
- I know how to cross a road safely using the green cross code.
- I know about the role of the emergency services.
- I know how to call 999 in an emergency.

What is a hero?

Core Texts



In history, pupils will know:

- That a hero is a person who is admired for their courage, achievements, or noble qualities.
- That Grace Darling was a hero because she bravely saved people from a shipwreck in a storm.
- That during the recent Covid pandemic, many heroes stepped up to help the fight, including Sir Captain Tom Moore.
- That Rosa Parks was a hero because she refused to move from her seat on a bus and stood up for what she believed in.
- She believed that black and white communities could live and work together.

History Skills

- Order a set of events or objects.
- Use a simple timeline to place important events.
- Look at objects from the past and ask/answer simple questions.

History Key Vocabulary

- refuse-** do not follow a command
- racism-** treating people differently because of their race or colour.
- equality-** everyone being treated the same/equally.
- protest-** to show that you are against something.
- segregation-** setting one group apart from another.
- lighthouse-** a tower which has a light at the top to warn ships away from land.
- shipwreck-** a ship which has been destroyed at sea.
- coast-** where the land meets the sea.
- rescue-** save someone from danger
- museum-** a building where interesting
- significant-** important
- chronological order-** From first event to the last event
- history-** learning about the past.
- timeline-** a display of events in time order.
- past-** already happened.

In art, pupils will know:

- That Roy Lichtenstein was an American artist.
- That he is famous for his colourful Pop Art and comic book style.
- That he used Benday dots to build up colour and texture.
- That he mainly used the primary colours- red, yellow and blue.
- That he also used black and white in his work.



Art Skills

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- Describe what they think about the work of others.
- Recognise and describe some simple characteristics of different kinds of art.
- Know the names of the tools, techniques and the formal elements (line, colours, shapes, tones texture, pattern, form.) that they use.
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In DT, pupils will know:

- That textiles are materials woven from fibres and can be coloured using paint or dye.
- Lots of different materials are classed as textiles such as cotton, silk, wool and felt and these materials have different properties.
- That there are different types of glue and some bond stronger than others.
- That fabrics can be decorated by attaching different embellishments to them.



Design Technology Skills

- Colour fabrics using fabric paints, printing and painting.
- Join fabrics with glue.
- Decorate fabrics with buttons, beads, sequins, braids and ribbons.
- Use simple tools and materials with support. (Scissors etc)
- Say whether their product does what it is meant to and how it could be improved
- Think of own ideas for design.
- Use pictures and words to plan.

Key Art Vocabulary

media	artist	background
foreground	consistency	primary colour
secondary colour	evaluate	dot
comic	bold	outline

Key DT Vocabulary

logo	attach	cape	glue	sequins
textile	ribbon	bead	design	
felt	fabric paint	scissors	evaluate	

Year 1 – Superheroes Health & Wellbeing

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In this unit of work, Year 1 will explore the concept of heroes.

PSHE- We will explore what is special about them- what their super traits are. They will also discuss a range of ways which they can keep themselves safe and healthy.

Science- We will label different body parts and then explore their 5 senses.

History- We will explore 2 real-life superheroes Rosa Parks and Grace Darling and consider why they are significant. We will also reflect upon the real-life heroes who helped out the country during the recent pandemic.

DT- We will design and make a fabulous superhero cape.

Art- We will explore the comic book art of Roy Lichtenstein and then use his style to create some art work of our own.

Home Learning Ideas- How You Can Support At Home.

Practise making emergency 999 calls with your child making sure that they know the first line of their address.

Play superheroes- set your child the fictional challenge of rescuing an imaginary character from a situation. Can they save the day?

Using large paper, draw around your child or a doll/figure/bear and encourage them to write labels for the different body parts.

Draw a comic book picture and colour it in using Benday dots like Lichtenstein did.

Take a trip to Barnsley Library and choose a Superhero themed book. We can't wait to hear about the stories that you read.

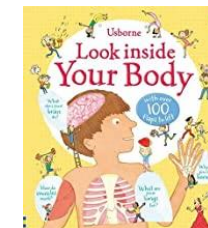
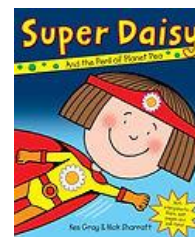
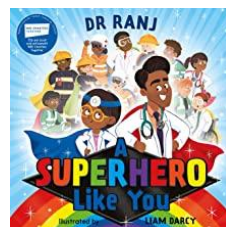
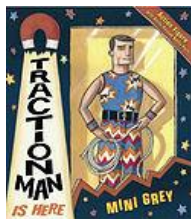
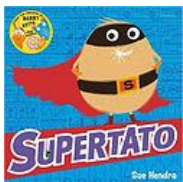
Buy a comic book from the shop or find one online and read it together.

Go on a sensory walk. Talk to children about what they can see, hear, smell, feel and taste at different times.

Find out about the NHS heroes during the COVID pandemic and how they helped people.

Watch the videos of the human body songs, on Kids Learning Tube channel on You Tube and encourage children to join in.

Reading List – Topic Linked



Superheroes



What makes a hero?