


NATURAL SCIENCE 1



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2 Stay strong, live long! Healthy habits Page 18	<ul style="list-style-type: none">• Food groups• Five a day	<ul style="list-style-type: none">• Sport• Healthy habits
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4 Flower power! Plants Page 42	<ul style="list-style-type: none">• Parts of a plant• Trees, bushes and grasses	<ul style="list-style-type: none">• Wild and cultivated plants• What plants make
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6 Feelings lab Identity, feelings and working together Page 66	<ul style="list-style-type: none">• Good and bad choices• Behaviour at school and at home	<ul style="list-style-type: none">• Helping at home

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Projects and experiments		Mindful time	Documentary
	<ul style="list-style-type: none">• Build a skeleton.• Make a Body mini book.• Make a potion.	<ul style="list-style-type: none">• Belly breathing	<ul style="list-style-type: none">• Incredible bodies
	<ul style="list-style-type: none">• Keep a food diary.• Find out why we need to brush our teeth.	<ul style="list-style-type: none">• Contract and relax your body parts	<ul style="list-style-type: none">• In the supermarket
	<ul style="list-style-type: none">• Make an animal habitat.• Find out what birds eat.	<ul style="list-style-type: none">• Sounds of nature	<ul style="list-style-type: none">• Animal trip
	<ul style="list-style-type: none">• Find out what plants need to live.	<ul style="list-style-type: none">• Breathe like a tree	<ul style="list-style-type: none">• All about plants
	<ul style="list-style-type: none">• Make a crazy garden.• Make an animal poster.• The time of my life!	<ul style="list-style-type: none">• Sensations	<ul style="list-style-type: none">• Living and non-living things
	<ul style="list-style-type: none">• Make a postbox for positive messages.• Do a survey to find out what chores your classmates do.	<ul style="list-style-type: none">• Mirrors	<ul style="list-style-type: none">• Good choices