

The aim of this book is to provide resources to help busy Key Stage 1 teachers introduce practical science activities into their National Curriculum and QCA science lessons. The book covers the topics:

- Ourselves
- Plants
- Animals
- Living Things in the Environment

The book provides a series of lessons with a number of different practical activities on the same theme. Individual classroom teachers will wish to choose which activities are most appropriate for their own individual situation. Each lesson has detailed notes for teachers giving learning objectives for each activity. Assessment activities can be found at the end of each section in the book.

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## Ourselves

### **Lesson 1: Senses, Difference and Change**

Activity 1: Using My Senses

Activity 2: Matching the Senses

Activity 3: All About Me

Activity 4: I am Changing

### **Lesson 2: Food, Health and Medicine**

Activity 1: Food Helps You Grow

Activity 2: Exercise Keeps You Healthy

Activity 3: Medicines

Activity 4: Food Sorting and Recording

### **Lesson 3: Investigations**

Activity 1: Plan/Carry Out a Measuring Investigation (Harder)  
Plan/Carry Out a Measuring Investigation(Easier)

Activity 2: Hair and Eye Colour

Activity 3: Food Likes and Dislikes

Activity 4: Height and Hand Size

### **Assessment**

Assessment Questions

Record Sheet

## Plants

### **Lesson 1: Sorting, Features, Light and Nature**

Activity 1: Sorting Plants

Activity 2: Make a Plant Poster

Activity 3: Growing Cress Seeds

Activity 4: What Different Plants Can You See on a Nature Walk?

### **Lesson 2: What do Seeds and Plants Need to Grow?**

Activity 1: What if...? Questions Game

Activity 2a: Play the Matching Card Game

Activity 2b: The Matching Card Game Template

Activity 3: Plant a Seed and Keep a Diary

Activity 4: Design a Seed Packet

### **Lesson 3: Investigations**

Activity 1: Plan/Carry Out a Seedling (Water) Investigation (Harder)

Plan/Carry Out a Seedling (Water)Investigation (Easier)

Activity 2: Plan/Carry Out a Seedling (Light) Investigation (Harder)

Plan/Carry Out a Seedling (Light) Investigation (Easier)

Activity 3: Where Do Seeds Grow Best?

Activity 4: Why Won't They Grow

### **Assessment**

Assessment Questions

Record Sheet

## Animals

### **Lesson 1: How do Animals Grow and Change?**

Activity 1: Matching Young and Adult Animals

Activity 2a: Baby Animals

Activity 2b: Where Baby Animals Come From?

Activity 3: How Do Animals Move?

Activity 4: What do Pets Eat and Drink?

### **Lesson 2: Life Cycles and Habitats**

Activity 1: Yes or No? Animal Information Quiz

Activity 2: Chick Challenge

Activity 3: The Life Cycle of a Butterfly

Activity 4: Who Lives Here?

### **Lesson 3: Investigations**

Activity 1: Plan/Carry Out a Bird Watching Investigation (Harder)

Plan/Carry Out a Bird Watching Investigation (Easier)

Activity 2: Plan/Carry Out a Wildlife Investigation (Harder)

Plan/Carry Out a Wildlife Investigation (Easier)

### **Assessment**

Assessment Questions

Record Sheet

## Living Things In the Environment

### **Lesson 1: Where do Animals and Plants Live?**

Activity 1: True or False Game

Activity 2: Living and Non-Living Things

Activity 3: What Would I Find on a Minibeast Search?

Activity 4: What Did You Find?

### **Lesson 2: Seed Study and Animal Groups**

Activity 1: Seed Sorting

Activity 2: Grouping Animals

Activity 3: Animal Questions and Answers

Activity 4: Make a Block Graph

### **Assessment**

Assessment Questions

Record Sheet

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# I am Changing...

Name: .....

Date: .....



Draw and write about things you did as a baby.  
Draw and write about things you can do now.



When I was  
a baby I...



Now I  
am \_\_\_\_\_  
I can...



When I am older I want to \_\_\_\_\_  
\_\_\_\_\_





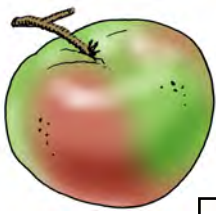




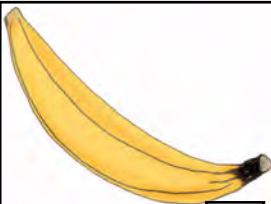



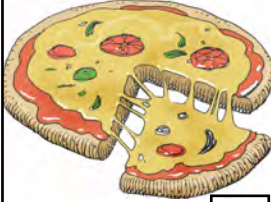

# Food Sorting and Recording

Name: \_\_\_\_\_

Date: \_\_\_\_\_



Tick the boxes to show what you eat on a typical day.

 Crisps <input type="checkbox"/>	 Peas <input type="checkbox"/>	 Carrots <input type="checkbox"/>	 Biscuits <input type="checkbox"/>	 Apple <input type="checkbox"/>
 Cereal <input type="checkbox"/>	 Chips <input type="checkbox"/>	 Fish <input type="checkbox"/>	 Chocolate <input type="checkbox"/>	 Banana <input type="checkbox"/>
 Toast <input type="checkbox"/>	 Chicken <input type="checkbox"/>	 Broccoli <input type="checkbox"/>	 Pizza <input type="checkbox"/>	 Burger <input type="checkbox"/>



Now cut out these headings and stick them to sugar paper to create four posters. Glue the correct food labels to each poster.

Fruit and Vegetables

Cereals

Cakes, biscuits, bread, pasta, rice and sugar.

Meat, fish, eggs and other dairy products.

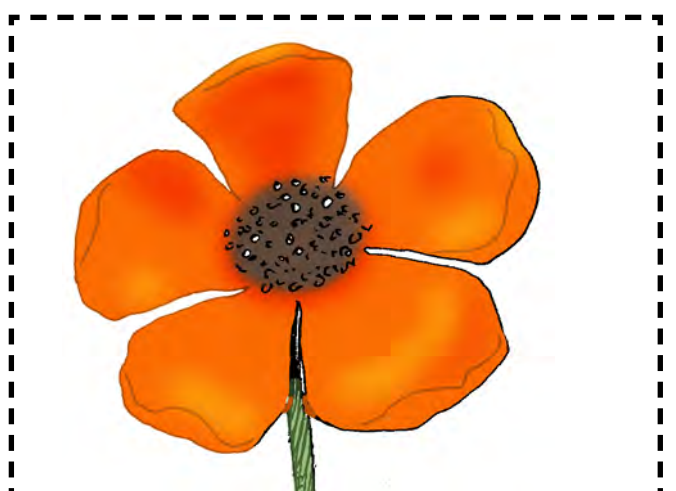
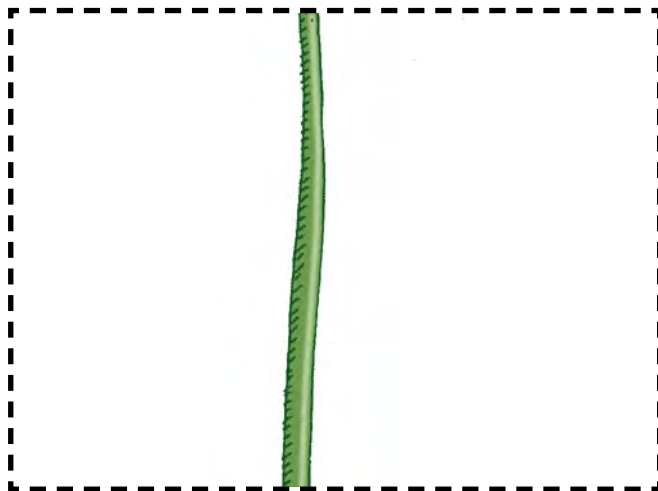
# Make a Plant Poster

Name: \_\_\_\_\_

Date: \_\_\_\_\_



Cut out these shapes and words. Make a poster naming the features of a plant.



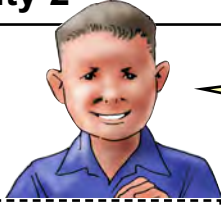
roots

flower

stem

leaves

# Grouping Animals



Group these living things in different ways.  
Use some of the labels below to give you ideas.

Has legs

No legs

Pet

Wild animal

Lives on land

Lives in water

Lays eggs

Gives birth to young animals

