Intermediate year 2023/2024 year 4

Autumn Term 1	Autumn Term 2	Spring Term	Summer Term
Topic 1	Topic 2	Topic 3	Topic 4
Stones and Bones (History)	Fjords to fields (Geography)	King Under the Carpark (History)	Under the Canopy (Geography)
The history and evidence of how the	Learning about the amazing	Learning about the geography and	Learning about the importance of
first people lived.	geography of Scandinavia and why the	history of our local area.	rainforests to our planet.
The life and achievements of the first	Vikings came to Britain.		
people.			
E- Teamwork	Y- Resilience	B- Creativity	A-Respect
G- Positivity	D-Curiosity	D- Aspirations	S- Resourcefulness
	Eng	lish	
Stone Age Boy	How to be a Viking	The Fox and the Ghost King – Michael	Where the Forest Meets the Sea
Stig of the Dump	I was there Viking Invasion	Morpurgo	The Vanishing Rainforest
Fossil book		I was there Richard III	The Great Kapok Tree
The Street Beneath our feet	Other texts:		
	There's a Viking in my Bed	Other texts:	Other texts:
Other texts:	Beowulf	Richard III	Rainforest explorer
Cave Baby			The rainforest grew all around
How to wash a Woolly Mammoth			Voices of the rainforest
Writing to entertain: a warning tale	Writing to entertain: Stories from	Writing to entertain: Stories in a	Writing to entertain: Writing from a
Writing to explain: Explanation of a	other cultures	familiar setting	different perspective
phenomena	Writing to persuade: Advert in the	Writing to entertain: mystery stories	Writing to entertain: fables, myths
	form of a leaflet	Writing to recount: Newspaper with	and legends
	Writing to recount: Diary based on	interviews and quotes	Writing to explain: an encyclopaedia
	historical facts	Writing to persuade: persuasive letter	entry
	Writing to entertain: performance		Writing to instruct
	poetry		
	Ma		
Year 4	Year 4	Year 4	Year 4
Place value	Multiplication and division	Fractions and decimals	Statistics
Addition subtraction	Area and perimeter	Money	Shape

	Science				
.Rocks and Fossils	Light	Sound	Plants		
Compare and group together different kinds of rocks on the basis of their appearance and simple physical properties.	Recognise that he/she needs light in order to see things and that dark is the absence of light.	Identify how sounds are made, associating some of them with something vibrating. Recognise that vibrations from sounds travel	Identify and describe the functions of different parts of flowering plants: roots, stem/trunk, leaves and flowers.		
Describe in simple terms how fossils are formed when things that have lived are trapped within rock.	Notice that light is reflected from surfaces.	Find patterns between the pitch of a sound and features of the object that produced it.	Explore and describe the requirements of plants for life and growth (air, light, water, nutrients from soil, and room to grow) and how they vary from plant to plant.		
Recognise that soils are made from rocks and organic matter. Investigate and understand the life and work	Recognise that light from the sun can be dangerous and that there are ways to protect eyes.	Find patterns between the volume of a sound and the strength of the vibrations that produced it.	Investigate the way in which water is transported within plants.		
of Mary Anning Science investigations Secondary sources – group and sort	Recognise that shadows are formed when the light from a light source is blocked by a solid object.	Recognise that sounds get fainter as the distance from the sound source increases.	Explore the part that flowers play in the life cycle of flowering plants, including pollination, seed formation and seed dispersal.		
changes over time	Find patterns in the way that the size of shadows change.	Investigate the understand the life and work of Sir Alexander Graham Bell Science investigations	Continue to develop knowledge of local plants.		
	Investigate and understand the life	Pattern seeking – fair test- secondary sources (ear)	Investigate and understand the life and work of Jeanne Baret – plant hunters		
	and work of Arthur Wilson – convex and concave mirrors	Skeletons and muscles	Science investigations Fair test - group and sort – changes over time		
	Science investigations Pattern seeking – fair test – group and sort	Identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat.	Forces and magnets Notice that some forces need contact between two objects, but magnetic forces can act at a distance.		
	Forces Compare how things move on different surfaces.	Identify that humans and some other animals have skeletons and muscles for support, protection and movement.	Observe how magnets attract or repel each other and attract some materials and not others.		
	Science investigations Fair test		Compare and group together a variety of everyday materials on the basis of whether		

		Understand how we look after our bodies and how doctors and nurses can help us look after them. Investigate and understand the life and work of George-Washington-Carver (farming – peanuts and cotton slavery) Science investigations Group and sort, fair test – secondary sources	 they are attracted to a magnet, and identify some magnetic materials. Describe magnets as having two poles. Predict whether two magnets will attract or repel each other, depending on which poles are facing. Investigate the understand the life and work of Christian Orsted
			Science investigations
			Fair test , group and sort, pattern seeking
	Histo		
Place some historical periods in a chronological framework. (CU)	Describe the Viking and Anglo-Saxon struggle for the Kingdom of England to the time of Edward the Confessor.	Place some historical periods in a chronological framework.(CU)	
Use historic terms related to the period of study.		Use historic terms related to the period of study.(CU)	
(CU)		To understand that there are different types of sources of evidence (secondary and	
To understand that there are different types of sources of evidence (secondary and primary) and that sources of evidence can		primary) and that sources of evidence can contradict each other (HI)	
contradict each other (HI)		Communicate his/her learning in an organised and structured way, using	
Communicate his/her learning in an organised and structured way, using appropriate		appropriate terminology (O&C)	
terminology (O&C)		To carry out research to draw conclusions about change and similarity and difference.	
Describe the achievements of early civilizations . (UEPC)		Use sources of information in ways that go beyond simple observations to answer questions about the past.	
To carry out research to draw conclusions about change and similarity and difference.		Compare and use a variety of resources to find out about aspects of life in the past.	

Use sources of information in ways that go beyond simple observations to answer questions about the past. Compare and use a variety of resources to find out about aspects of life in the past. The ones below need deleting if they appear in green above. Describe the changes in Britain from the Stone Age to the Iron Age including Palaeolithic, Mesolithic, and Neolithic. They will also learn about Stonehenge and Skara Brae.		Describe a local study – Bosworth Battle Fields and the discovery of King Richard III's body.	
	Geogr	aphy	
Identify where counties are within the UK and the key topographical features. (Skara Brae)	Use and interpret maps, globes, atlases and digital / computer mapping to locate countries and key features. Analyse evidence and draw conclusions e.g. make comparisons between locations using aerial photos/pictures e.g. population, temperatures etc. Identify where countries are within Europe; including Russia. Understand why there are similarities and differences between places. Know about the wider context of places - region, country. Demonstrate knowledge of features about places around him/her and beyond the UK. Identify physical and human features of the locality including volcanoes.	 Draw accurate maps with more complex keys. Measure straight line distances using the appropriate scale. Explore features on OS maps using 6 figure grid references. Make more detailed fieldwork sketches/diagrams. Use fieldwork instruments e.g. camera, rain gauge. Plan the steps and strategies for an enquiry. Identify where counties are within the UK and the key topographical features. (Leicester) 	Analyse evidence and draw conclusions e.g. make comparisons between locations using aerial photos/pictures e.g. population, temperatures etc. Recognise that people have differing quality of life living in different locations and environments Analyse evidence and draw conclusions e.g. make comparisons between locations using aerial photos/pictures e.g. population, temperatures etc. Explain about key natural resources e.g. water in the locality (the Nile). Recognise that different people hold different views about an issue and begin to understand some of the reasons why. Describe and understand key aspects of physical geography, including: climate zones, biomes and vegetation belts, rivers,

	Understand and use a widening range of		mountains, volcanoes and earthquakes, and
	geographical terms eg. Subject specific topic		the water cycle.
	vocabulary –fjords		
			Describe how people have been affected by
			changes in the environment.
			Understand and use a widening range of
			geographical terms eg. Subject specific topic
			vocabulary –fjords
			Demonstrate knowledge of features about
			places around him/her and beyond the UK.
	Art/	DT	
Art	Art	Art	Art
Explore shading, using different media	Understand and identify key aspects such as	Sp1	Sum 1
considering how to make different tones.	colour as tone & warm and cold colours.	Use a sketchbook for recording observations,	Create printing blocks using impressed
		for experimenting with techniques or	techniques.
Compare and recreate the form of natural	Create different effects by using a variety of	planning out ideas.	
and manmade objects.	tools and techniques such as bleeds, washes.		Describe and evaluate some of the key
		Plan and make sculpture linked to well-known	ideas, techniques and working practices of
Draws familiar objects with increasing	Experiment with creating mood, feeling,	artists work through drawing and other	artists, architects and designers who he/she
accuracy and correct proportions.	movement and areas of interest by selecting	preparatory work including the use of clay.	has studied.
	appropriate materials and learnt techniques.		
Use a sketchbook for recording observations,		Experiment with a range of techniques and	Know about some of the great artists,
for experimenting with techniques or	Describe and share what he/she likes about	tools when creating clay sculptures.	architects and designers in history
planning out ideas.	their work.		
		Articulate how he/she might improve their	
DT	DT	work using technical terms giving reasons for	Cooking
Apply techniques he/she has learnt to	Use techniques which require more accuracy	their choices.	Understand what makes a healthy and
strengthen, stiffen and reinforce more	to cut, shape, join and finish his/her work e.g.		balanced diet.
complex structures	Cutting internal shapes, slots in frameworks.	DT	
		Use knowledge of existing products to design	Understand seasonality and the advantages
Evaluate their ideas and products against		a functional and appealing product for a	of eating seasonal and locally produced
their own design criteria and consider how to		particular purpose and audience.	food.
improve their work			
		Create designs using annotated sketches,	Read and follow recipes which involve
		cross-sectional and exploded diagrams and	several processes, skills and techniques
		prototypes.	
			Prepare and cook savoury dishes using a
		Sp2	range of cooking techniques.

		Create a 3d collage using overlapping and layering with a range of different materials. Experiment with creating mood, feeling, movement and areas of interest by selecting appropriate materials and learnt techniques. Experiment with different materials to create a range of effects and use these techniques in a completed piece of work.	 Sum 2 Add detail to work using different types of stitch, including cross-stitch. Use taught technical skills to adapt and improve his/her work. Use a sketchbook for collecting ideas and developing a plan for a completed piece of artwork. DT Consider how existing products and his/her own finished products might be improved and how well they meet the needs of the intended user.
	IC		-
E-Safety	E safety recap	E safety recap	E safety recap
Use technology safely and respectfully, keeping personal information private. Use technology safely and recognise acceptable and unacceptable behaviour. Use technology responsibly and understand that communication online may be seen by others. Understand where to go for help and support when he/she has concerns about content or contact on the internet or other online technologies.	Using a computer Select and use a variety of software on a range of digital devices to accomplish goals. Computers Make efficient use of familiar forms of input and output devices. Use other input devices such as cameras.	Coding Decompose programs into smaller parts. Use logical reasoning to detect and correct errors in algorithms and programs. Select, use and combine a variety of software, systems and content that accomplish given goals.	Networks Understand what servers are and how they provide services to a network. Understand that the internet is a large network of computers and that information can be shared between computers. Internet searching Use simple search technologies and recognise that some sources are more reliable than others
	Mus	sic	
Singing	Singing	Singing	Singing

Sing songs with multiple parts with	Sing songs with multiple parts with	Sing songs with multiple parts with	Sing songs with multiple parts with
increasing confidence (Stone Age rap/lullaby).	increasing confidence (Viking song)	increasing confidence	increasing confidence
	Sing as part of an ensemble with	Listening	Composing
Use musical language to appraise a	confidence and precision		
piece or style of music		Listen with direction to a range of high	Develop an understanding of formal,
	Performing	quality music	written notation which includes
			crotchets and rests
	Play and perform in solo or ensemble	Find the pulse within the context of	
	contexts with confidence (recorders)	different songs/music with ease	Develop an understanding of formal, written notation which includes
	Play and perform in solo or ensemble	Listen to and recall sounds with	minims and quavers
	contexts with increasing confidence	increasing aural memory	
		Use musical language to appraise a	
		piece or style of music	
		Copy increasingly challenging rhythms	
		using body percussion and untuned	
		instruments where appropriate	
	RE- Si	khism	
Making sense of beliefs		Understanding the impact	Making connections
Describe and make connections		Observe and understand varied	Discuss and present thoughtfully
between different features of Sikhism		examples of Sikh views so that they	their own and others' views on
and previously learnt religions.		can explain, with reasons, their	challenging questions about
Discover more about celebrations,		meanings and significance to	belonging, meaning, purpose and
worship, pilgrimages and the rituals		individuals and communities.	truth, applying ideas of their own in
which mark important points in life, in		Covering their heads in the presence	different forms including (e.g.)
order to reflect on their significance.		of a Guru. Removing shoes before	reasoning, music, art and poetry.
Guru Nanak, the first Sikh Guru and		entering a Gurdwara.	Identifyearly Sikhism art. Forest
founder of Sikhism.			School- spiritual links and child
Vaisakhi.			initiated.

Worship in a Gurdwara.		Understand the challenges of	
Sikh people also believe in only 1 God		commitment to a community of Sikh	Consider and apply ideas about ways
like the Judaism religion. Everyone is		belief, suggesting why belonging to a	in which diverse communities can
equal before God. A good life is lived		community may be valuable, both in	live together for the wellbeing of all,
by caring for others and sharing		the diverse communities being studied	responding thoughtfully to ideas
earnings.		and in their own lives.	about community, values and
_		Families struggling to afford to donate	respect.
Describe and understand links		a percentage of earnings to charity	Links with how Sikhs give a
between stories and other aspects of		during economic crisis. Wearing a	percentage of earnings to charity.
the Sikh community thoughtfully to a		Turban and not cutting hair.	How could/do we as a school
range of sources of wisdom and to			community do this? Links with
beliefs and teachings that arise from			Harvest/food banks.
them in different communities.		Observe and consider different	
Links with the Diwali story and why		dimensions of Sikhism, so that they	Discuss and apply their own and
Sikhs celebrate this festival too.		can explore and show understanding	others' ideas about ethical questions,
Compare and contrast to Hinduism.		of similarities and differences within	including ideas about what is right
		and between different previously	and wrong and what is just and fair,
		taught religions. Judaism, Hinduism	and express their own ideas clearly in
Explore and describe a range of		and Christianity.	response.
beliefs, symbols and actions so that			Question and answer box to develop
they can understand different ways of			discussions.
life and ways of expressing meaning.			
The 5 Ks-physical symbols worn by			
Sikhs.			
Kesh (uncut hair) links to turbans.			
Kara (a steel bracelet)			
Kanga (a wooden comb)			
Kaccha (cotton underwear)			
Kirpan (steel sword)			
Harvest Festival	Diwali	New Year's Day	Ramadan
	Halloween	Chinese New Year	Eid
	Bonfire Night	Valentine's Day	Father's Day
	Remembrance Sunday	Shrove Tuesday	

	Children in Need	Mother's Day	
	Hanukkah	Easter	
	Christmas		
	PSF	<u>IE</u>	
VIPS	Safety First	Respecting Rights	One World
Discuss how our attitudes impact new	Discuss things they can do	Know what human rights are;	Describe similarities and differences
friendships	independently that they used to need	Understand that all people share the	between
being made;	help with;	same rights;	people's lives;
Create a plan for being an anonymous	Describe what a dare is and identify	Know about The Universal Declaration	Identify opinions that are different
friend over the	situations involving peer pressure;	of Human Rights and	from their own;
course of a week;	Know when to seek help in risky or	the Declaration of the Rights of the	Express their own opinions;
Reflect on the different characters in	dangerous situations;	Child;	Recognise that their actions impact
the dares story and	Identify and discuss some school rules	Know why we have rules and how they	on people in
discuss the different outcomes for	for staying safe and healthy;	help us;	different countries;
each character;	List some of the dangers we face when	Understand that no one should take	Know what climate change is;
Work together to create a role play	we use the road;	away our human rights;	Know there are organisations
about positive	Describe drugs, cigarettes and alcohol	Explain what respect means and	working to help people in
resolution techniques;	in basic terms;	understand how they can	challenging situations in other
Create a poster with ideas to help	Identify which information they should	respect the rights of others;	communities.
someone who is	never share online;	Describe what a stereotype is and	
being bullied.	Identify who they should tell if they	understand how stereotypes	Think Positive
	see something online that worries,	can be harmful	Understand that it is important to
	upsets or confuses them;		look after our mental health;
	Explain what it means to be kind and	Growing up	Recognise and describe a range of
	respectful online	Name the main male and female body	positive and negative emotions;
		parts needed for	Discuss changes people may
		reproduction;	experience in their lives and how
		Describe some of the changes boys go	they might make them feel;
		through	Talk about things that make them
		during puberty;	happy and help them to stay calm;
		Describe some of the changes girls go	Identify uncomfortable emotions
		through	and what can cause them;
		during puberty;	

		Describe some feelings young people might experience as they grow up; Talk about their own family and the relationships within it; Understand that there are many different types of families; Identify similarities and differences in different loving relationships; Explain in simple terms how babies are made and how they	Discuss the characteristics of a good learner.
		are born.	
	Frer	nch	
All around town	On the move	Going Shopping	What's the time?
Name some of the major cities of	Name some types of transport;	Listen and respond to topic	Say and write a sentence to tell the
France;	Use Je and Tu correctly in a simple	vocabulary.	time (o'clock)
Identify and say typical amenities to	sentence;	Answer questions using the topic	Count in 5s in French to at least 30.
be found in French towns;	Respond to simple instructions for	vocabulary.	Understand and use the terms avant
Say and order multiples of ten;	direction and movement;	Take part in role plays as	and apres.
Ask and give a simple address in	Follow simple directions to find a place	shopper/shop keeper speaking in	Answer questions about a TV
French;	on a map.	French.	schedule.
Locate the correct part of a bilingual		Greet and respond.	
dictionary to translate from French-			Holidays and Hobbies
English or vice versa.		Where in the World	Listen and respond to topic
		Listen and respond to topic	vocabulary;
		vocabulary;	Answer questions orally using the
		Answer questions orally using the	topic vocabulary;
		topic vocabulary;	Write an answer in a sentence using
		Write an answer in a sentence using	the topic vocabulary;
		the topic vocabulary;	Present ideas and information orally
		Use an English/French dictionary to translate from English to French	to a range of audiences.

	Ρ	E	
Cross country I can vary the pace of my running and I can keep a steady pace for a given time. (2 – 4 mins) I can describe and spot good running form. I am building stamina in my running. I aim to have a sprint finish at the end of my run. I am beginning to see what I should improve within my running to develop my own performance. I can see when to encourage others within a race. I compare my performance form last time and begin to see what I need to improve I know that exercise can sometimes help to get rid of frustrations and anxieties .	Dance – Vikings Demonstrate precision and some control in response to stimuli. Use simple dance vocabulary when comparing and improving work Perform and create sequences with fluency and expression. Identify and repeat the movement patterns and actions of a chosen dance style. Compose longer dance sequences in a small group. Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements I can suggest activities for our group to help us cool down.	 Tennis I can hold the racket in a shake hand grip. I can bounce the ball on my racket with consistency with forehand and developing control with back hand. I can return a forehand shot with consistency and am beginning to use back hand. I am starting to volley occasionally. I can vary the power in my shots to suit the target. I can move to position my body to return with a forehand shot and am developing the position for my back hand return. am starting to build a varied rally with a friend. 	Rainforest DanceBegin to vary dynamics and developactions and motifs in response tostimuli.Demonstrate rhythm and spatialawareness.Change parts of a dance as a result ofself-evaluation.Perform and apply skills and techniqueswith control and accuracy.Compose a dance that reflects thechosen dance style.Confidently improvise with a partner oron their own.Perform and apply skills and techniques
Basket ball I can dribble a basketball pushing with my fingers. I am gaining control when changing direction as I move with the ball. I can pass the ball using a range of throws (Bounce, chest, overhead, single arm) I can aim with increasing accuracy. I am beginning to intercept the ball to stop my opponents progress. I am starting to use space on the court to create attacking play.	Indoor athletics / Skipping Land safely and with control. Begin to measure the distance jumped. Side to side jumps with control and rhythm. Perform a pull throw. (javelin) Measure the distance of their throws. Compete against self and others in a controlled manner. Watch, describe and evaluate the effectiveness of a performance. Skipping –	 step into my shot to give it more power look to see space on the court and try to use it to defeat my opponent. can suggest where is safe within a bat game Gym Create a sequence of actions that fit a theme. Use an increasing range of actions, directions and levels in their sequences. Move with clarity, fluency and expression. 	I understand that dance can express emotions and that music can change our mood. Athletics I confidently demonstrate an improved technique for sprinting. Carry out an effective sprint finish. Perform a relay, focusing on the baton changeover technique. Learn how to combine a hop, step and jump to perform the standing triple jump. Focus on trail leg and lead leg action when running over hurdles.

I work to improve my control of the ball (Confident single bounce	Show changes of direction, speed and	Continue to develop techniques to
round the world , under leg pass)	Criss cross	level during a performance.	throw for increased distance- use body
I use space to my advantage in the game.	Twister	Travel in different ways, including using	position.
I can change direction as needed within a			Perform learnt skills and techniques with
_	Jogging Step	flight.	control and confidence.
game. I am aware of emotions within a team	180 degree turn.	Improve the placement and alignment of	
		body parts in balances.	Describe how their performance has
and try to support my team members.	I can start to look at my performances	Forward roll from standing	improved over time.
	and see where I would like to improve.	Tucked backward/ shoulder roll	
		Cat leap	Watch, describe and evaluate the
	I understand we warm up to increase	Straight jump half turn	effectiveness of performances, giving
	blood flow to our muscles and heart. We	Travel using a range of steps	ideas for improvements.
	will feel our heart and breathing rate	(Hopscotch, skipping	
	increase.	,chassis, straight jump half / full turn, cat	As I exercise I need to give energy to my
		leap half turn, pivot)	muscles. This energy is delivered by my
			blood which is pumped around my body
		Perform and create sequences with	by my heart.
		fluency and expression.	
		Give positive feedback for accurate	Confidently demonstrate an improved
			technique for sprinting.
		performances using clear descriptions.	Carry out an effective sprint finish.
		Lean maya larga mata cafaly in a taam	Focus on trail leg and lead leg action
		I can move large mats safely in a team	
		and benches in pairs.	when running over hurdles.
			Perform a pull throw. (javelin)
		Gym	Measure the distance of their throws.
		Use equipment in a variety of ways.	Continue to develop techniques to
		Carry out balances, recognising the	throw for increased distance. – use
		position of their centre of gravity and how	body twist, speed and position
		this affects the balance.	
		Begin to develop good technique when	Take part in a range of competitive
		travelling, balancing and using equipment.	games and activities showing good
		Develop strength, technique and flexibility	sports man ship.
		throughout performance	
		Take increasing weight on arms	I know that when I exercise I may sweat
		Straight jump full-turn	which is a way of keeping cool.
		Cat leap	

Cat leap half-turn	This means I need to keep hydrated by
Cartwheel	drinking more than usual.
1, 2, 3 and 4- point balances	
Balances on apparatus	Athletics
Balances with and against a partner	
Pike, tuck, star, straight, straddle shapes	I know that when I exercise I may sweat
Front and back support	which is a way of keeping cool.
	This means I need to keep hydrated by
Perform and apply skills and techniques	drinking more than usual.
with control and accuracy.	
Begin to suggest what need to be altered	Cricket
to improve performances.	I can hit a tennis ball with a cricket bat
l can demonstrate some practises I have	with some consistency.
used to help me improve.	I know to defend my stumps.
used to help the improve.	I know to run when I have completed
Football	my batting.
Develop speed and ability to change	I know to stop when the ball is returned.
direction when dribbling through	I catch a tennis ball with increasing
obstacles using feet and sticks.	consistency and from a growing
Pass the ball with accuracy using	distance.
different parts of the foot and hockey	I can return a ball quickly in the desired
stick.	direction.
Shoot with increasing power and	
accuracy with feet and sticks.	I can use space on the field to defend or
Increasingly use both feet to control the	attack.
ball.	
Position body correctly using a hockey	I understand that the factors on sun
stick.	cream relate to how long it will protect
Play small games using dribbling,	your skin
passing, shooting and marking skills	
Begin use space to develop attacking	ΟΑΑ
play.	Follow instructions carefully and be
Mark opponents and intercept the ball to	aware of time restrictions.
defend.	
	Plan and create a short, safe trail for
	others to follow.
	others to follow.

		Use marking and interception skills to build defensive tactics. Use space to attack and create goals. I understand that there is specific foot ware for some sports to help with gripping and slipping.	Try a range of equipment for creating and completing an activity. Make an informed decision about which equipment to use for a task. Demonstrate your trail to another group. Take part in a range of group activities showing good sports man ship. Be willing to listen to others and improve your own ideas. I know that when I exercise I may sweat which is a way of keeping cool. This means I need to keep hydrated by drinking more than usual.
Educational visits			
Enrichment through Archaeology Stone Age visit	Viking workshop	Bosworth Battlefield King Richard 111 Centre	Botanic Gardens