

# Upper Key Stage 2 – Who do you think you are? Autumn 2nd 2025



## Session 1: Immersion Day:

Research a European country and create a double page spread.

Present their country to the rest of the class.



## Session 2: Remembrance lesson

LO: I am learning to recognise the importance of remembrance Sunday.

Children will learn about why November 11th is important to remember. They will think about how we continue to remember.



## Session 3: Geography: Where in the world?

LO: I am learning to identify the location of different places and draw conclusions. LO: I am learning to name the different hemispheres.



## Session 4: Geography: The continent of Europe.

LO: I am learning to name and locate different countries and continents in the Northern Hemisphere. (Europe)

Children using the Atlas to find out information about Europe.



## Session 5: Science: Our Circulatory System.

LO: I am learning to identify and name the main parts of the circulatory system.

Children learning about the different parts of the circulatory system and their function.



## Session 6: Geography: City Cultures.

LO: I am learning to compare countries and continents in the Northern Hemisphere.

Children to compare and contrast London and Venice.



## Session 7: Art: Creating Colours

LO: I am learning to create colours using mixing.

Children to look at the colours Andy Warhol uses. Mixing different colours to create them. Create a page in their book explaining how they made the colours.



## Session 8: Science: Our Healthy Hearts.

LO: I am learning to describe the functions of the heart.

Children learning about the parts and function of the heart. Creating this labelled model with playdough in partners.



## Session 9: Art: Andy Warhol

To appreciate the work of the artist Andy Warhol.

Children to study, appreciate and analyse famous pieces of Andy Warhol's art. Creating collage with notes on his work.



## Session 10: Art: Sketching techniques.

L.O. To be able to use sketching techniques for facial features.

Children to learn how to use shading techniques for drawing key facial features.



## Session 11: Science: Brilliant Blood.

LO: I am learning to describe the functions of blood vessels and blood.

Children learning about the function of blood and what blood is composed of.



## Session 12: Art: Popping Pop Art

LO: I am learning to use a range of media to recreate a piece of art inspired by Andy Warhol.

Children to use headshot (photocopied 4 times onto a3) and apply Andy Warhol colour to their sketches.



**Session 13: Zones of Regulation:**

**LO:** I am learning to recognise ways to use my inner coach. (Green)

Children will learn about their inner coach and inner critic. They will create inner coach phrases.



**Session 14: Science: Our Healthy selves.**

**LO:** I am learning to recognise the impact of diet, and exercise on the way my body functions.

Children undertaking challenges to increase their pulse rates, measure and record them



**Session 15: Zones Of Regulation:**

**LO:** I am learning to understand how my emotions can affect my learning. (Yellow)

Children will discuss ways they can move from the yellow, back to the green zone.



**Session 16: Zones Of Regulation:**

**LO:** I am learning to develop coping strategies when I'm feeling blue. (Blue)

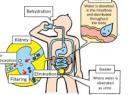
Children will work together to create coping strategies for when they are feeling blue.



**Session 17: Science: Nutrients on the move!**

I am learning to describe the ways in which nutrients and water are transported within animals, including humans.

Children to name and label the digestive system. (Flap books).



**Session 18: Zones Of Regulation:**

**LO:** I am learning to recognise how I might behave in the red zone.

Children to verbalised how they feel and react when they are in the red zone.



