

Key Stage One – Design and Technology Topic Cycles

Cycle A	Our School	Place Where I Live	Explorers	Wonderful World	Toys Through Time	Buckets and Spades
	• To know that 'diet' means the food and drink that a person or animal usually eats. • To understand what makes a balanced diet. • To know where to find the nutritional information on packaging. • To know that the five main food groups are: • Carbohydrates, fruits and vegetables, - protein, dairy and - foods high in fat and sugar. • To understand that I should eat a range of different foods from each food group, and roughly how much of each food group. • To know that nutrients are substances in food that all living things need to make energy, grow and develop.	<i>Art and Design Focus</i>	• To know that a mechanism is the parts of an object that move together. • To know that a slider mechanism moves an object from side to side. • To know that a slider mechanism has a slider, slots, guides and an object. • To know that the bridges and guides are bits of card that purposefully restrict the movement of the slider.	<i>Art and Design Focus</i>	• To know that 'joining technique' means connecting two pieces of material together. • To know that there are various temporary methods of joining fabric by using staples, glue or pins. • To understand that different techniques for joining materials can be used for different purposes. • To understand that a template (or fabric pattern) is used to cut out the same shape multiple times. • To know that drawing a design idea is useful to see how an idea will look.	<i>Art and Design Focus</i>

	• To know that 'ingredients' means the items in a mixture or recipe. • To know that I should only have a maximum of five teaspoons of sugar a day to stay healthy. • To know that many food and drinks we do not expect to contain sugar do; we call these 'hidden sugars'.					
Cycle B	Family Album	Hot and Cold Climates	Celebrating China	Mighty Monarchs	Great Outdoors	Taking a Fabulous Flight
	• To know that shapes and structures with wide, flat bases or legs are the most stable. • To understand that the shape of a structure affects its strength. • To know that materials can be manipulated to improve strength and stiffness. • To know that a structure is something which has been formed or made from parts. • To know that a 'stable' structure is one	• Understanding the difference between fruits and vegetables. • To understand that some foods typically known as vegetables are actually fruits (e.g. cucumber). • To know that a blender is a machine which mixes ingredients together into a smooth liquid. • To know that a fruit has seeds and a vegetable does not. • To know that fruits grow on trees or vines. • To know that vegetables can grow	<i>Art and Design Focus</i>	<i>Art and Design Focus</i>	<i>Art and Design Focus</i>	• To know that mechanisms are a collection of moving parts that work together as a machine to produce movement. • To know that there is always an input and an output in a mechanism. • To know that an input is the energy that is used to start something working. • To know that an output is the movement that happens as a result of the input. • To know that a lever is something that turns on a

	which is firmly fixed and unlikely to change or move. • To know that a 'strong' structure is one which does not break easily. • To know that a 'stiff' structure or material is one which does not bend easily. • To know that natural structures are those found in nature. • To know that man-made structures are those made by people.	either above or below ground. • To know that vegetables can come from different parts of the plant (e.g. roots: potatoes, leaves: lettuce, fruit: cucumber).				pivot. • To know that a linkage mechanism is made up of a series of levers
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