

Reception

PSED: How can we express ourselves?












Sticky Knowledge: PSED

- PSHER.10 How we feel is a part of who we are.
- PSHER.13 When I feel ____ I ____.
- PSHER.14 I can listen to others to know how they're feeling.
- PSHER.23 I can talk to a trusted adult then I am worried or scared.
- PSHER.36 Our **choices affect** others.

Sticky Knowledge: Art

- ADR.27 Artists often display their artwork in an **art gallery**.
- ADR.28 **Georgia O'Keeffe** was a famous artist.

Subject Vocabulary

express ourselves  	To show who you are through your thoughts, feelings, ideas and actions.
Taylor Swift 	A musician who writes music to express herself.
Ariana DeBose 	A dancer who uses dance to express herself.
Vivienne Westwood 	A designer who used her clothes to express herself.
Georgia O'Keeffe 	An artist who used art to express herself.
Greta Thunberg 	An activist who uses her voice to express herself.
Nadiya Hussain 	A chef who uses food to express herself.
Anthony Joshua 	A sports man who uses his body to express himself.

Sticky Knowledge: Music

MR.8 Sounds can make us feel many different **emotions**.

Sticky Knowledge: DT

DTR.17 **Recipes** are a series of instructions which tell someone how to create a dish.

PSHER.10 **Sad, happy, worried and angry** are all different feelings.



PSHER.12 Listening to **music, dancing and cooking** can make us feel happy when we are sad.



PSHER.14 I can see how people are feeling through their **actions**.



PSHER.23 Being **active** helps me to feel better when I am worried.



Key Concepts:
Significance



PSHER.36 Being unkind makes others feel sad and angry.



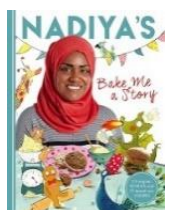
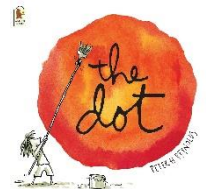
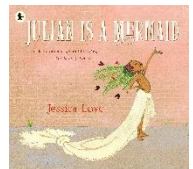
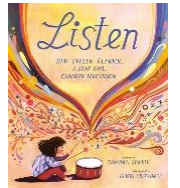
Being kind makes others feel happy and cheerful.



PSHER.38 **Respect** is being kind, listening to others and treating everyone in the same way.



Key Texts:





Reception

PSED – How can we express ourselves?



During this enquiry...



As **Rivendellians** we will learn how to identify and manage our emotions through investigating and understanding the differing ways in which people express themselves. Through exploring influential people of today who represent protected characteristics, for example: Greta Thunberg, Nadiya Hussain, Ariana DeBose and Anthony Joshua, we will examine how we might express ourselves in the same way, which methods of self-expression we prefer, and also which methods best communicate our emotions.



As **Musicians** we will learn the ways in which music allows us to express ourselves through sound, rhythm, and movement. Whether singing, playing instruments, or dancing, we can explore our emotions, share our ideas, and build our confidence in a joyful and creative way.



As **Artists** we will discover how painting, drawing, and creative play, can help us communicate in ways that go beyond words. We will explore and express our emotions through art, building confidence, and developing a strong sense of self.



As **Design Technologists** we will experience how cooking gives us a fun, practical and delicious way to express ourselves by exploring tastes, textures, and creativity with food. It encourages us to make choices, share our preferences, and take pride in what we create.



As **Athletes** we will learn the ways dance, games, and active play, help us to express ourselves. We will build confidence and develop coordination while gaining a deeper understanding of how our bodies move and respond to emotions.