

What happens when I go to sleep?



Year Group 1 Term 1

Linked subjects: English, Humanities, Art, D.T, Science

Overview of learning journey:

Twinkle, twinkle, little star. Why are there stars in the sky at night? Does everyone go to bed at the same time? It's time to find out more about night time.....

This half term, we'll be entering the celestial world of night. We'll listen carefully to a presentation about the patterns of the stars, and ask expert questions about the universe. We'll listen to bedtime stories and nursery rhymes. Zzz... Wide awake once more, we'll learn about people and services that work at night, the Hubble Telescope and nocturnal animals. We'll also find out more about how good bedtime

routines can have a positive impact on our health, and take part in a series of bedtime challenges.

Ready, steady, brush your teeth!

Getting creative, we'll find out about Vincent Van Gogh and his famous painting starry night! We will also be soaring off to the moon and learning about Neil Armstrong.

Ideas to support learning at home:

The night is all right! Why not do some stargazing together after dark, either from your garden or, even better, a rural location with minimal light pollution? There are apps you can use on your phone to help you to identify stars and

constellations! You could also keep a dream diary, noting down and comparing dreams with each other. Alternatively, talk to people in your family who have worked at night. What are the similarities and differences between working in the day compared to at night?