

Key stages 1 and 2

The National Curriculum comprises core and foundation subjects.

Core

- English
- maths
- science
- RE

Foundation

- design and technology
- history
- geography
- art and design
- music
- physical education (PE), including swimming
- information and communication technology (ICT)

At Epping Upland we also teach:

- personal, social and health education (PSHE)
- French at KS2
- sex and relationship education (SRE from September 2021)

Our Curriculum

English

'Fill your house with stacks of books in all the crannies and all the nooks' (Dr Seuss).

Fluency in the English language is an essential foundation for success in all subjects. We promote speaking, writing and a love of reading throughout the school and curriculum, through a variety of speciality weeks, themed days and cross-curricular experiences.

We aim to promote high standards of literacy by equipping pupils with a strong command of the written and spoken word, and to develop their love of literature through widespread reading for enjoyment.

Reading: At Epping Upland, reading is taught carefully and systematically in order to develop the necessary skills that children need to read with fluency, understanding and enjoyment. We teach reading skills using the phonic scheme 'Letters and Sounds' which has proved to be very effective. We use a variety of books for the teaching of reading – reading scheme books, such as Oxford Reading Tree, together with a range of real books which are sorted into coloured bands according to the level of difficulty.

All children (KS1 and 2) take reading books home every day and we hope that parents will want to take an active part in the process of learning to read and to enjoy their reading.

They also all have a reading diary for parents and teachers to record dates, pages read and any difficulties regarding comprehension of text and vocabulary meaning. In reception,

children will also receive a word pot containing all the letters they have been taught and tricky words for them to practice reading.

Writing: Children are taught to write in a variety of styles, where we also place importance on correct letter formation, punctuation, spelling and grammar.

A clear and legible style of handwriting is taught.

Mathematics

'If I only had a brain...' (The Wizard of Oz). Our aim is to equip our children with the skills to confidently investigate and solve real-life problems throughout their lives. A combination of practical and theoretical approaches ensures a well-rounded understanding of number and mathematical concepts.

We aim for all pupils to become fluent in the fundamentals of mathematics, to reason mathematically and to be able to solve problems by applying their mathematical knowledge.

Children are taught a daily Maths lesson for about 45 – 60 minutes every day as a class and in groups. Number work is regarded as very important and this forms the basis for our work. Pupils will also learn how to measure length, weight, capacity, volume and time; to understand geometry and the properties of shapes; to learn about ratio and proportion; to gain the basic principles of algebra; to gather information from statistics and to represent and interpret information on graphs.

Science

'To infinity and beyond' (Toy Story 1). Science lessons introduce children to the wonder of the world around them. Understanding past and present discoveries and the possibilities of the future world, are central themes to our scientific approach. Lessons are practical, investigative and allow the children to question and evaluate scientific processes.

We endeavour to give the children a high-quality science education so that the specific disciplines of biology, chemistry and physics provide the foundations for understanding the world. Embedded throughout science is the opportunity for the pupils to work scientifically. Emphasis is put on scientific enquiry where children practise observing over time; pattern seeking; identifying, classifying and grouping; comparative and fair testing (controlled investigations); and researching. In KS1 the programmes of study comprise: plants; animals including humans; light; seasonal changes; sound; all living things and their habitats and uses of everyday materials. In KS2 the topics increase to the entire above plus: rocks; forces and magnets; states of matter; electricity; properties and changes of materials; earth and space; evolution and inheritance.

RE

'God has no phone, but I talk to him' (Minions). Class lessons and exciting collective worship explore the awe and wonder of the world. Our Core Christian Values, tolerance and respect for all faiths and none, underpin our children's learning across the curriculum.

Epping Upland follows the Essex Agreed Syllabus for RE (exploRE 2015). We believe that RE contributes to pupils' personal development and well-being and to community cohesion by promoting mutual respect and tolerance in our diverse society. It offers the children the ability to be reflective about their own beliefs, religious or otherwise, that inform their perspective on life and their interest in and respect for different people's faiths, feelings and values; a sense of enjoyment and fascination in learning about themselves, others and the world around them; the use of imagination and creativity in their learning; a willingness to reflect on their experiences.

Our own Core Christian values of Perseverance, Responsibility, Compassion and Trust are the bedrock on which our syllabus is based. This syllabus covers topics such as relationships, community, morality and ethics alongside the study of particular religions - Christianity, Judaism, Islam, Buddhism, Sikhism and Hinduism. Whole school assemblies or reflection times for individual classes are held daily. Being a Church school, we have strong links with All Saints Epping Upland, where we visit regularly to hold special services at various times such as Harvest, Easter, Christmas and other festivals.

Parents who wish their children to be withdrawn from RE and collective worship should consult with the Headteacher and alternative arrangements can be made.

Computing

'I am not a glitch; I can fix it' (Wreck-It Ralph)

In this ever-increasing technological world, children need to be able to keep up with and understand the constant changes in computing. Our children are given the opportunity to practise their skills with a variety of different devices. We ensure children are aware of the importance of internet safety and give them a platform to voice any worries or concerns.

The school has a dedicated computer suite, with individual networked computers. The curriculum is taught through the means of simple word processing, the use of databases, spreadsheets and graphics programs. Coding and computer control is also very much part of the new Computing curriculum.

History

'Once upon a time...' (Snow White). From prehistoric times to modern history, our children have opportunities to investigate, explore and form evidence-based opinions of the past. A cross-curricular approach ensures a broad and varied experience which illustrates how history has shaped the modern world.

In History, by teaching within a chronological framework, we hope to help pupils gain a coherent knowledge and understanding of Britain's past and that of the wider world. Usually taught as topics, the children learn about changes within and beyond living memory, the lives of significant individuals and historical events (KS1). In KS2, the children are taught about different periods in history and their long-term impact; given a local history study; a

study of an aspect in British history that extends pupils' chronological knowledge beyond 1066; early civilisations.

Geography

'The world is not in your books and maps, it's out there' (The Hobbit).

Environmental climate change and global matters will affect our children's future. We aim to give them the tools to become effective world citizens and to understand the importance of sustainability as a world-wide concern, whilst remaining aware of the children's immediate familiar environments and their knowledge of the wider world.

Geography should inspire a curiosity and fascination about the world and its people. KS1 children are taught about their own locality and its place within the UK. They start to learn about the wider world through a variety of geographical skills.

This knowledge and understanding is extended in KS2 to include the UK, Europe, North and South America and the rest of the world.

Music

'Everyone has a song to sing' (Mulan). The pleasure that singing and music brings to people is a life-long gift. At Epping Upland, musicality is developed through performance and an appreciation of music from different times and cultures. Whilst we are recognising and developing individual potential, the actual experience of performing together is an essential element of our curriculum.

Each class has the opportunity to undertake singing, performing and composing activities through a variety of programmes such as 'Charanga'. Year 2 children take part in the Epping Forest Primary Schools' Music Festival every year. We have a specialist guitar teacher who works as part of our SEAL programme with children. He also tutors children at our 'Rock and Pop' club. Our school welcomes a peripatetic teacher who delivers weekly acoustic guitar lessons to those who wish.

The children are taught a wide variety of hymns and songs as part of assembly time.

Design & Technology

'Your gadgets are going to keep the world safe' (Spies in Disguise)

We believe that all our children have the potential to be practical designers. In teaching D & T, we equip children with the skills to design, make, evaluate and refine their ideas and projects.

The children are asked to work in different contexts to develop skills in designing and making, which include communicating their ideas and evaluating these against given criteria. It is a very creative and practical subject and is often taught as part of a topic which requires such disciplines as maths, science and art. As part of this subject, the basic principles of cooking and nutrition are taught.

Art & Design

'Can you paint with all the colours ...?' (Pocahontas)

We place great value on children's creativity of expression. We help them to achieve this by giving them the opportunity to explore different mediums and methods to study and be inspired by the artistic greats.

As a creative subject, we use a range of materials to design and make, draw, paint and sculpt. The children practise using colours and patterns and shapes in their creations, which develop further up the school until they are confident about using a variety of materials eg pencil, charcoal, paint, clay. Work from great artists and sculptors are studied where their ideas can provide the basis for the children's own work. We have often had whole days when the children can take part in activities solely dedicated to art. Our Children's work is displayed in the annual Chigwell School Art Exhibition and we enter work regularly into community competitions.

Languages

'Vive la difference!' (Ratatouille)

Tolerance and respect are central to the ethos of Epping Upland. Our Modern Foreign Language lessons offer exciting opportunities to explore other people's languages, lives and cultures.

Although language teaching is not compulsory in for younger children, opportunities to gain small insights to other countries, their languages and customs are seized upon in KS1 through appropriate geography topics. French is taught to all pupils in KS2 as a foundation for further language teaching in KS3. As it is an introduction to a foreign language, most of the teaching is conversational and includes games and songs. Basic sentences and vocabulary are written.

RSE (Relationships and Sex Education)

'Always let your conscience be your guide' (Pinocchio). A happy child is ready to learn and this underpins the very heart of our school ethos. We have a very important part in ensuring that our children become well-rounded and emotionally intelligent individuals and to that end, we have tailored our RSE lessons to suit our pupils, our school and community whilst always keeping in mind our school ethos and aims and our pupils' needs.

RSE aims to give children the knowledge, skills and understanding to lead confident, healthy and independent lives. As a huge part of our school's ethos, we value the importance of a child's emotional intelligence and encourage opportunities to explore and develop this. RSE is taught under the six areas of Healthy and Happy Friendships, Similarities and Differences, Caring and Responsibility, Healthy Bodies, Healthy Minds, Families and Committed Relationships and Coping with Change. Wherever possible, we make cross-curricular links between RSE and other subjects. The class teacher decides if it is to be taught through whole-class teaching, group activities, individual tasks, assemblies, outside speakers, cross-curricular lessons or discrete lessons. Spiritual, moral, social and cultural development are promoted throughout all RSE teaching.

PE and Sport

'Just keep swimming' (Finding Nemo). Within the curriculum and extra-curricular activities, our children are encouraged to do their best and to strive to maintain a healthy lifestyle, whilst developing a wide range of physical skills and stamina. This is the important foundation to living a healthy and enjoyable life whilst experiencing a variety of sports.

PE taught as part of the curriculum is divided into Foundation Stage, Key stage 1 and Key stage 2.

The main areas of **Key Stage 1** are:

- the basic movements of running, jumping, throwing and catching
- develop balance, agility and co-ordination and apply them to a range of activities
- participate in team games, developing tactics for attacking and defending
- perform dances using simple movement patterns

Throughout **Key Stage 2** these areas are further developed and the main areas are:

- to use running, jumping, throwing, catching in isolation and in different contexts
- to play competitive games and apply the basic principles of attacking and defending
- to develop flexibility, strength, technique control and balance through athletics and gymnastics
- to perform a range of movement patterns in dance
- to participate in outdoor and adventurous activities
- to compare their performances with previous ones to show improvement

Our school has embraced 'The Daily Mile', where all children, no matter which age group, go outside to walk, jog or run for about 15 minutes. It is believed that an expectation of physical, outside activity will encourage them to develop healthy, life choices.

At Epping Upland, we employ a specialist sports' coach who teaches across all age groups during the timetabled week. Outside coaching agencies are also incorporated to enhance the teaching and provision of PE and which include golf, tennis, rugby, football and gymnastics. This also introduces children to new physical activities which they might choose to maintain.

Extra-curriculum PE consists of many sports including netball, football, handball, dance and running. These are delivered through after school clubs and are on offer to most of the children throughout the school. We also take part in a range of inter-school competitions in different disciplines throughout the year. *

At Epping Upland, we have a competitive Sports Day for KS1 and KS2 as well as a celebratory end of year multi-skills event where teams are made up of cross phase cohort groups so that the activities are approached in a co-operative, supportive and encouraging way – often with all the children experiencing something new, eg indoor curling and handball.

*At the moment, due to social distancing and the school having been organised into 'bubbles', there is no extra-curricular programme.