



INSPIRE Curriculum Long Term Plan 2025-2026



Subject	Year	Unit A	Unit B	Unit C	Unit D	Unit E	Unit F
Science	EYFS	Exploring Autumn Human Body: Senses Animals: Minibeasts to Dinosaurs	Light and Dark Exploring the night sky and planets	Recycling and taking care of our world Exploring what rubbish does to our environment and animals	New Life and Life Cycles	Conservation and Plastic Pollution Materials: floating and sinking Metallic and non-metallic	Planting and Growing through the life cycle of a bean
	1	Plants	The human body: 5 senses	Everyday Materials	Animal Groups	Animal Diets	Seasonal Changes
	2	Growing Plants	Materials and their uses	Animal Needs	Local habitats	Habitats and Micro-habitats	Food Chains and Health
	3	Structure and function of plants	Light and Shadows	Rocks and Fossils	Animals and humans	Forces and magnets	The Bee Project
	4	States of matter	The Human Body: Digestive System	Sound	Classification of living things	Electricity	The History of Science
	5	Properties and Changes of Materials	Earth and Space	Forces and movement	Life Cycles and Reproduction	Living Things and their Habitats	The Scientific Method
	6	The Human Body: Circulatory System	Light and seeing things	Electricity	Evolution and Inheritance	Living Things and their Habitats- further classification	Preparing for Secondary Science
History	EYFS	Past and Present – families	Past and Present – seasons, Christmas	Past and Present – children’s experiences	Past and Present – chronology	Past and Present – VE day	Past and Present – how plants have changed
	1	Titanic		Great Fire of London		The Beatles	The Bronze Age
	2	Kings, Queens and Leaders		Great Changemakers of the World		The Stone Age	
	3	Ancient Egypt	Cradles of Civilisation	Indus Valley Civilisation	Persia and Greece	Ancient Greece	Alexander the Great
	4	The Roman Republic	The Roman Empire	Roman Britain	Christianity in Three Empires	Arabia and Early Islam	The Rise of Islam
	5	The Round City: Baghdad	Anglo-Saxon Britain	Vikings 1	Norse Culture	Vikings 2	Local History: Atlantic Slave Trader
	6	The Maya	Ethiopia and Benin	This Manchester Man	Era of the Second World War		Local History: WWII
Geography	EYFS	People, cultures and community – families	People, cultures and community – Chinese New Year		Natural World – maps and comparisons	Natural World – animals	Natural World – environments
	1		What is it like where we live? (Maps and plans)		What is it like where others live?		Antarctica the Desert



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	2		Understanding Liverpool		Where does our food come from? (Fair trade)		Kenya
	3	Rivers	Mountains	Settlements	Agriculture	Volcanoes	Climate and Biomes
	4	The Rhine and the Mediterranean	Population	Coastal Processes and Land Forms	Tourism	Earthquakes	Deserts
	5	Why is California so Thirsty?	Oceans	Migration	North and South America	The Amazon	Interconnected Amazon
	6	Energy and Climate Change	Ethiopia	Changing Birmingham	Jamaica	Geographical Enquiry	Geographical Enquiry
PSHE	EYFS	Personal Hygiene e-Bug resources Mental Health and emotional wellbeing	Anti-Bullying Week Expect Respect challenging gender expectations	Keeping Safe – E-safety Searching and information	Healthy lifestyles People who help us Oral Hygiene Looking after teeth basics	RSHE Looking after ourselves and families	Financial Capability Spending money
	1	Personal Hygiene e-Bug resources Mental Health and emotional wellbeing Different feelings	Anti-Bullying Week Expect Respect Friendships and people who help us	Keeping Safe – E-safety Searching, privacy and safety	Healthy lifestyles – Medicines and people who help us Oral Hygiene Types of teeth and diet	RSHE Recognising differences and	Financial Capability Where does money come from?
	2	Personal Hygiene Hands and Sneezes Mental Health and emotional wellbeing Resilience KS1	Anti-Bullying Week Expect Respect Gender and assumptions	Keeping Safe – E-safety Safe behaviours online	Healthy lifestyles – Exploring different substances Rules to stay safe	RSHE Male and female body parts and life cycle	Financial Capability Saving and keeping track of money
	3	Personal Hygiene Hand and respiratory hygiene Mental Health and emotional wellbeing Different kind of feelings Rise Above materials Introduction to advertising and media awareness	Anti-Bullying Week Expect Respect Resolving conflict, where to get help	Keeping Safe – E-safety Online community and behaviours	Healthy lifestyles – Smoking	RSHE Know about touch and personal space	Financial Capability Paying and using an account
	4	Personal Hygiene	Anti-Bullying Week	Keeping Safe – E-safety	Healthy lifestyles – Alcohol	RSHE	Financial Capability Making money



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		Hand and respiratory hygiene Mental Health and emotional wellbeing Resilience KS2	Expect Respect Examining violence and excuses	Personal and private information Using words and keywords	Oral Hygiene Anatomy of teeth and sugar	Puberty, life cycle and how we grow	
	5	Personal Hygiene Hand and respiratory hygiene Mental Health and emotional wellbeing Managing feelings Body image and advertising	Anti-Bullying Week Expect Respect Secrets and stories	Keeping Safe – E-safety Digital citizens	Healthy lifestyles – Legal and illegal drugs	RSHE Emotional and physical changes in puberty Physical hygiene	Financial Capability Budgets and keeping money safe
	6	Personal Hygiene Hand and respiratory hygiene Mental Health and emotional wellbeing Sleep, social media Body image and advertising	Anti-Bullying Week Expect Respect Gender stereotypes	Keeping Safe – E-safety Online rules, cyberbullying and stereotyping	Healthy lifestyles – Preventing early use	RSHE Puberty, reproduction, conception and pregnancy Sharing personal/private information	Financial Capability Money and choices
RE	EYFS	1. I am special	2. Christmas	5. Stories Jesus heard 6. Stories Jesus told.	7. Easter.	8. Friendship.	9. Special places.
	1	1.2 Creation World Faith - Judaism	1.3 Christmas	1.4 Jesus	1.5 Easter	1.9 My world, Jesus' world	1.7 Baptism
	2	2.5 The Church World Faith – Hinduism	2.7 Christmas	2.3 Jesus	2.4 Easter	2.6 Ascension and Pentecost	2.1 The Bible
	3	3.5 Rules for Living World Faith – Islam	3.2 Christmas	3.3 Jesus	3.4 Easter	3.1 Called by God	S7 Change the World
	4	4.1 David and the Psalms World Faith – Islam	4.2 Christmas	4.3 Jesus	4.4 Easter	4.5 The Church	4.6 Prayer
	5	5.1 The Bible World Faith – Buddhism	5.2 Christmas	5.3 Jesus	Holy Communion prep. 5.4 Easter	5.8 Daniel	5.5 Women in the Old Testament
	6	6.1 Life as a Journey	6.2 Advent	6.7 People of faith	6.4 Jesus	6.5 Ascension and Pentecost	6.3 The Exodus



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		World Faith – Hinduism					6.6 Ideas about God
MFL	Nursery 3-4	Self, Family and Friends Introduction to name and feelings, colours and numbers	School Life Fruits, colours and numbers	The World Around Us Wild animals, rhymes and jungle stories	Animals and Home Environment Zoo animals and develop numbers	Leisure Outdoor toys (incorporating colours and numbers)	Summer Objects on the beach, counting and seaside stories
	EYFS	Self, Family and Friends Basic introductions and colours	School Life School snacks/likes. Numbers 1 - 10.	The World Around Us Transport and getting to school.	Animals and Home Environment Animals and colours.	Leisure Verbs of movement/instructions.	Summer The Seaside. All colours.
	1	Self, Family and Friends Body and face parts.	School Life Toys, colours, Numbers 1 – 12	The World Around Us Name, age, feelings, where you live	Animals and home Environment Farm Animals + sounds.	Leisure People who help us/places in town. 1 – 15	Summer Sea Creatures.
	2	Self, Family and Friends More personal info + basic family members	School Life Clothes (+ colour), 1-20	The World Around Us Space and Planets.	Animals and home Environment Fruit + food (likes/dislikes)	Leisure Simple weather phrases 1-20	Summer Minibeasts Colours. Numbers 1-20
	3	Self, Family and Friends Body parts with definite article	School Life Pencil case items +indefinite article	The World Around Us Days, months + birthdays	Animals and Home Environments Zoo Animals	Leisure Sports 1 and opinions [simple sentences]	Summer Jungle animals. Exotic Fruits + opinions
	4	Self, Family and Friends Descriptions of hair and eyes in first person	School Life School subjects (genders/def. article) + opinions, basic time.	The World Around Us Weather sentences linking to months + seasons	Animals and Home Environments Animals and habitats 1 – 69	Leisure Sports 2 [longer sentences combining opinion, sport and justification] Verbs - [I do/ I play]	Summer Asking for picnic items. Understanding and giving prices - euros
	5	Self, Family and Friends Illness and body parts	School Life Clothes + adj. agreement of colours	The World Around Us Transport, opinions + reason + negative	Animals and Home Environments Rooms in house + bedroom furniture + prepositions 60-79	Leisure Hobbies [incl. musical instruments] 80 – 100	Summer Countries, flags (+ colours) and nationalities [adjectival agreement] 1 – 100
	6	Self, Family and Friends Family (with possessive adjective)	School Life School routine, subject opinions and justification	The World Around Us	Animals and Home Environments Haunted castle mystery	Summer Food and cafe (transition project) Dialogue in café/ restaurant (mealtime routines)	



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		Jobs- (gender agreement)		Places in town – understanding and giving directions	Character profiles, describing characters + events	Food and café continued (transition project) Using euros/giving and understanding prices/ calculating change.			
Art and Design	Reception	All Creations Great and Small Van Gough Starry Night Mark making tools. Exploring Harvest vegetables using printing/rubbing techniques.	My World and Beyond Van Gough Starry Night Bonfire Night Firework pictures. Colour mixing Jackson Pollock . Creativity with the iPad.	Superheroes Yayoi Kusama Paul Klee linking images to cityscapes. Mark making animals from story.	Exploring Traditions and Cultures Yayoi Kusama Spring into Summer – Kandinsky	Under the Sea / Pirate Adventures The Great Wave Hokusai Observational drawing, painting of natural beauty.	The Great Outdoors The Great Wave Hokusai Sea life pictures paper, collage. Water Lilies by Claude Monet		
	1	Drawing		Painting				Collage	Printing
	2	Drawing		Painting				Collage	3D
	3	Drawing		Painting				Collage	Printing
	4	Drawing		Painting				Collage	3D
	5	Drawing		Painting				Collage	Printing
	6	Drawing		Painting				Collage	3D
Design and Technology	EYFS	Continuous Provision and Expressive Art and Design (see above) across the year. Threading, cutting, weaving, playdough and other fine motor activities. Using tools to affect changes to materials.							
	1		Textiles Templates & Joining		Mechanisms Wheels and Axels		Cooking and Nutrition Preparing fruit and vegetables		
	2		Structures Freestanding Structures		Mechanisms Sliders & Levers		Cooking and Nutrition Preparing fruit and vegetables		
	3		Textiles 2D shapes to 3D products		Mechanical Systems Levers and Linkages		Cooking and Nutrition		



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							Healthy and varied diet – healthy sandwich, pitta or wrap
	4		Structures Shell Structures		Electrical Systems Simple Circuits and Switches		Cooking and Nutrition Healthy and varied diet – pasta salad/cous cous salad
	5		Textiles Combining different fabric shapes		Mechanical Systems Pullies or gears		Cooking and Nutrition Celebrating Culture and Seasonality
	6		Structures Frame structures		Electrical Systems More complex switches		Cooking and Nutrition Celebrating Culture and Seasonality
Computing	EYFS	Technology around us – in school	Creativity with iPads	Sequence games	Same/Different Sorting activities	Look at my learning journey (Tapestry)	Programmable toys (Beebots/Codepillar)
	1	Technology all around us	Digital Painting	Moving a robot	Grouping data	Digital writing	Introduction to animation
	2	Information technology around us	Digital photography	Robot algorithms	Pictograms	Making music	An introduction to quizzes
	3	Connecting Computers	Stop-frame animation	Sequence in music	Branching databases	Desktop publishing	Events and actions
	4	The Internet	Audio editing	Repetition in shapes	Data logging	Photo editing	Repetition in games
	5	Sharing information	Vector drawing	Selection in physical computing	Flat-file databases	Video editing	Selection in quizzes
	6	Communication	3D Modelling	Variables in games	Introduction to spreadsheets	Web page creation	Sensing
	EYFS - Reception	Charanga – Me! Nursery Rhymes, All about me, family Repeating familiar songs and using voices.	Charanga – My Stories Space, Christmas Repeating familiar songs and using voices and body percussion to explore the pulse.	Charanga – Everyone! Superheroes (real life and fiction), Chinese New Year Repeating familiar songs and using voices, body percussion and percussion instruments to explore the pulse.	Charanga – Our World Learning to sing and perform 'Old MacDonald' with voices and glockenspiels, using the note G.	Charanga – Big Bear Funk Listening and appraising Funk music, embedding foundations of the interrelated dimensions of music using voices and instruments.	Charanga – Reflect, Rewind and Replay This Unit of Work consolidates the learning that has occurred during the year. All the learning is focused around revisiting chosen nursery rhymes and/or songs, a context for the History of Music and the very beginnings of the Language of Music.



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	1	Liverpool Cathedral Schools Singing Programme				
		Nativity Worship	Extraordinary Worship	End of year service		
	<p>Children will begin to explore dynamics and tempo including introduction to pulse, tempo and simple articulation. Children will do this through songs written for a nativity, learning to sing with other year groups who may be singing separate parts.</p>			<p>Songs: inc. Eucharistic Prayer & others: Children will continue explore repeated patterns and begin to sing these confidently with little support. They will begin contributing to the writing of a piece of music, and learn about how to notate this using graphic notation. We will begin to explore song structure. They will continue to develop vocal precision in the vocal range of an octave.</p>		<p>Children will begin to explore note values through clapping and body percussion. They will consolidate their learning of all of the musical areas to allow for more confident use in all music sessions. This will culminate in a whole school service.</p>
	2	Liverpool Cathedral Schools Singing Programme				
		Nativity Worship	Extraordinary Worship	End of year service		
	<p>Children will begin to explore dynamics and tempo including introduction to pulse, tempo and simple articulation. Children will do this through songs written for a nativity, learning to sing with other year groups who may be singing separate parts. Children will also begin to explore song structures as well as some value notation.</p>			<p>Songs: inc. (as example) 10,000 reasons & others: Children will explore dynamics further, and implement these with increasing confidence. They will begin contributing to the writing of a piece of music, and learn about how to notate this using graphic notation. Children will begin to learn about note values and pulse. We will begin to explore tonality and tempo with more precision.</p>		<p>Songs: inc. examples like The Owls (Jenkyns), The Last Dinosaur (Marsh): The children will perform songs in different metres, from different settings, including songs significant to Liverpool, or written by people from Liverpool. This will culminate in a performance at Liverpool Cathedral. Musical ideas will be consolidated this term to allow for more confident use in sessions.</p>
	3	Liverpool Cathedral Schools Singing Programme				
		<p>Expanding core musical skills During Autumn term children will be expanding upon their core musical knowledge. They will continue to develop their note value reading, song structure and core term knowledge including articulation, dynamics and composing musical ideas. Songs include: 'It's a quarter to nine' (Wallen), 'Silent Night' and 'Gaudete!'. Children will also explore more accuracy and understanding on the glockenspiel.</p>	<p>Music reading and Musical Form Children will start to read musical scores, including pitch notation alongside value notation. Children will continue to develop an understanding for musical form, beginning to work through more complex musical language. Songs include: Oliver Cromwell lay buried and dead, Allunde, Ferry me across the water (Finzi) and Here comes the Sun (The Beatles).</p>		<p>Large Scale Performance Children will prepare for a large scale performance at Liverpool Cathedral based on the theme for the year. This years theme is "Space: Looking up and looking out" and will include songs such as 'Spaceman' (Sam Ryder), Himmelflugt (Hoybye) and Astronaut (Zawadzki). Children will continue to reconcile and put into practice musical ideas and language.</p>	
	4	Whole Class Brass				
	<p>The children will learn to play brass instruments, read notation, improvise, and compose using their instruments and voices. They will explore ensemble skills and listening practice while developing their individual knowledge as practical musicians.</p>					



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		<p style="text-align: center;">Notation</p> <p>Children will learn the notes of the treble staff and basic note values. They will learn the correct posture, hand position and embouchure formation to produce a sound and will learn notes C-E and to play pieces that utilise them.</p>		<p style="text-align: center;">Extending the range</p> <p>The children will add to their 3-note range (F, G, and notes below the staff) they will explore the clearer production of sound as their embouchure and muscle memory develops.</p>		<p style="text-align: center;">Dynamics and Tricky Patterns</p> <p>As well as continuing to strengthen their sound production to support their range (and extend to A-the octave where possible) the children will also explore using dynamics in their playing and will explore more complex rhythms (repeated quavers and dotted rhythms)</p>	
	5	<p>Whole Class Brass</p> <p>The children will continue to learn to play brass instruments, read notation, improvise, and compose using their instruments and voices. They will further explore ensemble skills and listening practice through part-playing while developing their individual knowledge as practical musicians.</p>					
		<p style="text-align: center;">Recap and develop notation</p> <p>Children will revisit notes on the treble staff and look at more complex elements of written music. They will explore new time signatures, performance directions and musical geography.</p>		<p style="text-align: center;">Developing the range</p> <p>Children will add to their range beyond the notes used in year 4. They will explore key signatures and playing music with 1 sharp or flat. More work in composition and improvisation using a bigger range of notes.</p>		<p style="text-align: center;">Introduction to Ensemble and Part playing</p> <p>Children will begin to explore elements of stagecraft and skills in playing as part of an ensemble. They will explore music written in simultaneous parts not just in unison.</p>	
	6	<p>Whole Class Brass</p> <p>The children will continue to learn to play brass instruments, read notation, improvise, and compose using their instruments and voices. They will further explore ensemble skills and listening practice through part-playing while developing their individual knowledge as practical musicians.</p>					
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PE	EYFS	Fundamental Movements	Fundamental Movements	Gymnastics	Dance	Ball skills	Games
		Yoga					
	1	Gymnastics	Dance	Invasion Games	Striking and Fielding Games	Net Games – Tennis	Athletics
		Yoga					
	2	Gymnastics	Dance	Invasion Games	Striking and Fielding Games	Net Games – Tennis	Athletics
		3	Dance	Invasion Games – Netball	Gymnastics	Striking and Fielding – Rounders	Net Games – Tennis
	Swimming				Net Games – Table Tennis	Net Games – Table Tennis	
4	Dance	Invasion Games – Tag rugby	Gymnastics	Striking and Fielding – Rounders	Net Games – Tennis	Athletics	
			Swimming		Orienteering and Adventure		



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	5	Net Games – Tennis	Gymnastics	Dance	Skiing	Striking and Fielding – Cricket Invasion Games - Hockey	Athletics Golf
		Swimming					
	6	Net Games – Tennis	Gymnastics	Dance	Basketball	Striking and Fielding – Cricket Invasion Games – Football	Athletics Golf
		Swimming					