

		Year 7	Year 8	Year 9
Autumn	Content (Why)	Develop foundational basic cooking skills, food hygiene and sustainability through the preparation of fruit salad, noodle salad, cookies, scones and couscous. Pupils will learn about food hygiene, the properties of key ingredients, food miles and seasonality while developing safe and accurate practical skills.	Develop more advanced cooking skills, nutrition and food science through the preparation of predominantly savoury dishes including soup, bread, flapjack, risotto, pasta and pizza. Pupils will develop their understanding of nutritious menu planning, food safety and the scientific principles underpinning food preparation and cooking.	Develop knowledge of food legislation, food poisoning, nutrition, special diets and menu planning as an introduction to KS4. Pupils will apply this knowledge through preparing more comprehensive dishes, including stir-fry, curry, cupcakes, sweet and sour, jam tarts, Bolognese and chilli.
	Content (What)	This unit establishes essential knowledge and practical skills for safe, confident and independent food preparation. Pupils will understand how ingredients behave during cooking and how food choices can affect the environment, enabling them to make informed and sustainable decisions.	This unit builds on pupils' foundational cooking skills and develops greater independence, precision and understanding of nutrition. Pupils will learn to connect theoretical knowledge about food safety, nutrition and food science with practical preparation, cooking and presentation, while developing the ability to review and improve their work.	This unit builds on pupils' Year 8 understanding of food hygiene and develops a deeper understanding of nutrition, dietary requirements and food safety legislation. It prepares pupils for KS4 by connecting theoretical knowledge with increasingly complex practical tasks and informed menu planning.
	Acquire (Knowledge)	• Safe food preparation requires knowledge of the Four Cs — cleaning, cooking, chilling and avoiding cross-contamination — alongside safe use of equipment and appropriate personal hygiene. • Ingredients have different physical and chemical properties, with flour, sugar, fats and eggs contributing different functions to the structure, texture, flavour and appearance of food. • Sustainable food choices consider provenance, food miles and seasonality, helping pupils understand where ingredients come from and how their	• A healthy diet requires understanding of nutritional needs, enabling pupils to plan balanced menus and make appropriate food choices for different individuals and circumstances. • Cooking involves scientific changes to ingredients, with processes such as gelatinisation, gluten development, fermentation and heat transfer affecting the texture, structure, flavour and appearance of food. • Food safety requires effective preventative control measures, including appropriate hygiene, temperature control, storage,	• Food safety legislation and hygiene practices protect consumers, with an understanding of food poisoning, common bacteria, contamination and preventative measures reducing the risk of food-induced illness. • Macronutrients and micronutrients perform essential functions in the body, with pupils understanding their roles, dietary sources and the potential effects of deficiency or excess. • Dietary requirements vary between individuals, influenced by age, health, allergies, intolerances and personal or

		production and transportation affect the environment.	preparation and cooking to reduce the risk of food-induced ill health.	ethical choices, which must be considered when planning appropriate menus.
	Apply (Skills)	Safely and independently prepare a range of dishes by using appropriate knife skills, equipment and cooking techniques. Accurately follow recipes, measure and weigh ingredients, and make informed choices about ingredients by considering their properties, seasonality and environmental impact.	Plan and prepare nutritious dishes using increasingly advanced cooking techniques, applying knowledge of nutrition, food science and food safety. Work safely and independently, present dishes appropriately and critically review outcomes to identify strengths and specific improvements to future practical work.	Apply knowledge of food safety, nutrition and dietary requirements when planning and preparing increasingly complex dishes. Work safely and hygienically, adapt recipes and menus to meet specific dietary needs, and justify food choices using appropriate nutritional and food science knowledge.
Spring	Content (Why)	Develop design and manufacturing skills through the Child's Handheld Maze Project . Pupils will design and manufacture a functional product using timber and polymer, developing their ability to research user needs, communicate ideas and safely select appropriate tools, materials, techniques and processes.	Develop mechanical and manufacturing skills through the Sweet Dispenser Project . Pupils will explore different types of motion and levers, apply knowledge of materials and workshop processes, and independently design and manufacture a sweet dispenser incorporating moving parts and a laser-engraved front panel.	Develop design communication and manufacturing skills through the Adjustable Lamp Project . Pupils will translate hand-drawn ideas into accurate CAD drawings and use specialist workshop tools, equipment, materials and jigs to manufacture a functional, repeatable product.
	Content (What)	This project develops pupils' understanding of the design and manufacturing process from identifying a user need through to producing a functional outcome. It strengthens practical workshop skills, material knowledge, problem-solving and independence while reinforcing safe working practices and effective design communication.	This project builds on pupils' Year 7 practical knowledge while increasing independence and technical understanding. Pupils will connect mechanisms, material selection, manufacturing processes and digital technologies to create a functional product, while developing their ability to test, evaluate and refine designs.	This project builds on pupils' previous workshop and design skills while increasing precision, independence and confidence. Pupils will develop their ability to move from an initial idea to a detailed specification, interpret technical drawings and manufacture components accurately, while evaluating and improving their own and others' work.
	Acquire (Knowledge)	Effective design begins with understanding user needs, using research to identify requirements and generate creative, purposeful design	Mechanisms transfer and control movement, with pupils understanding different types of motion and how levers and mechanical systems can	Accurate design communication supports successful manufacture, with pupils developing CAD skills, writing detailed specifications and

		ideas. • Materials have different properties and applications, with pupils understanding the source and characteristics of timber and HIPS and why particular materials are suitable for the product. • Successful manufacture requires appropriate tools, techniques and processes, including accurate measuring, marking, cutting, shaping and forming, alongside safe working practices.	work together to create purposeful movement. • Effective manufacture requires informed material and process selection, with pupils selecting appropriate wood, polymers, tools, equipment and joining methods to produce an accurate and functional product. • Digital manufacturing supports product development, with pupils learning to process images into suitable files for laser cutting/engraving and using testing and evaluation to identify modifications.	interpreting technical drawings to communicate dimensions and requirements. • Materials, tools and manufacturing processes must be selected appropriately, requiring pupils to understand material sources, properties and functions and to use specialist equipment safely and accurately. • Jigs and repeatable processes improve manufacturing accuracy, enabling pupils to consistently mark, measure and produce components to the required dimensions while maintaining quality.
	Apply (Skills)	Research user needs and communicate a range of creative design ideas before selecting suitable materials, tools and manufacturing processes. Safely and accurately measure, mark, cut, shape and assemble timber and HIPS, including use of the vacuum former, to manufacture a functional handheld maze that meets the identified user requirements.	Select and justify appropriate materials, tools, mechanisms and joining techniques to independently manufacture a functional sweet dispenser. Apply accurate measuring, marking, cutting and shaping skills, use digital files to create a laser-engraved design, and test and evaluate the finished product before proposing and implementing suitable improvements.	Translate hand-drawn designs into precise CAD drawings and develop a detailed specification before independently manufacturing an adjustable lamp. Safely select and use specialist tools, equipment and materials, interpret technical drawings and use jigs to produce accurate components, while critically evaluating peer work and suggesting appropriate modifications.
Summer	Content (Why)	Develop textile design and manufacturing skills through the Snakes and Ladders Game Project, exploring Aboriginal art and ways of adding colour to fabric. Pupils will research Aboriginal culture and art, investigate cotton, develop digital designs and use a range of textile techniques to create a functional fabric-based game.	Develop textile design and embellishment skills through the Ugly Dolls Project. Pupils will research existing products to inspire their own designs, investigate fabric manufacture and properties, and use patterns, templates and a range of hand-embellishment techniques to design and manufacture an individual textile product.	Develop sustainable textile design and manufacturing skills through the Recycled Fashion Challenge, transforming unwanted clothing into a cushion for a specific target consumer. Pupils will explore the environmental impact of fast fashion, apply CAD skills to create templates and develop accurate sewing and manufacturing

				techniques.
	Content (What)	This project develops pupils' understanding of textiles, cultural influences and surface decoration while strengthening practical and digital manufacturing skills. Pupils will learn to research and communicate information effectively, work safely with specialist equipment and combine different techniques to create an accurate and visually effective product.	This project builds on pupils' Year 7 textile skills while developing greater independence, accuracy and creativity. Pupils will connect their practical work to real-world industrial processes, including machine embroidery, while learning how designers research, develop and manufacture products for users.	This project develops pupils' understanding of sustainability and responsible design while building their practical textile skills. Pupils will consider how designers can respond to environmental challenges through reuse and user-centred design, while developing greater independence and precision in manufacturing.
	Acquire (Knowledge)	• Cultural research can inspire purposeful design, with pupils developing knowledge of Aboriginal people and Aboriginal art and using relevant research to inform their own creative ideas. • Textile materials have specific properties and applications, with pupils understanding the source and working properties of cotton and selecting appropriate techniques for decorating fabric. • Accurate textile production requires safe and controlled processes, including measuring and creating a precise grid, using textile equipment correctly and applying techniques such as tie-dye, transfer crayons and fabric felts.	• Designers use existing products and research to develop new ideas, with pupils analysing products and using annotated sketches to communicate their own design decisions. • Fabrics have different properties, functions and manufacturing processes, requiring pupils to select appropriate materials and components for a specific product and purpose. • Accurate textile manufacture requires controlled practical techniques, including using patterns and templates, hand sewing, applique, embroidery and embellishment, alongside safe use of specialist equipment.	• Fast fashion has significant environmental impacts, with the 6 Rs of sustainability providing strategies for reducing consumption, waste and environmental damage. • User-centred design responds to the needs of a specific consumer, requiring designers to research users and consider their preferences, needs and expectations when developing products. • Accurate textile manufacture requires appropriate tools, materials and processes, including CAD and templates for precision, suitable fabric selection and safe, accurate use of a sewing machine.
	Apply (Skills)	Research Aboriginal art and textile materials and use this knowledge to develop and communicate an appropriate design. Create accurate 2D designs for laser-cut felt components, safely apply a range of fabric decoration techniques and	Research existing textile products and use findings to develop and communicate an original Ugly Doll design. Independently produce a detailed production plan, select appropriate fabrics and components, and safely	Research the environmental impact of fast fashion and apply the principles of the 6 Rs to develop a sustainable cushion design for a target consumer. Use CAD and paper templates to produce accurate components, select

		construct a functional Snakes and Ladders game using accurate measurement, layout and textile processes.	use specialist equipment and techniques to manufacture and embellish the product using buttons, sequins, applique and hand embroidery.	suitable materials from discarded clothing and safely use a sewing machine to manufacture a high-quality, functional product.
--	--	--	--	---