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Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
1	Mechanisms (sliders and levers) How can you make a picture move?	Structures (freestanding structures) How can you stop a tower from toppling over?	Food and Nutrition (exploring food senses) How does food affect your senses?	Understanding materials (selecting materials) Can you build with s)bread?	Textiles (joining techniques) How can two squares of fabric keep you warm?	Food and Nutrition (vitamins in food) Why are vegetables the best?
2	Textiles (exploring shape using a template) How can you repurpose an item of clothing?	Food and Nutrition (nutrients and the body) What does healthy mean?	Mechanisms (axles and wheels) Are bigger wheels always better?	Understanding materials (manipulating materials) How can you waterproof a hat?	Food and Nutrition (processed food) How healthy is your food?	Structures (developing strength in structures) How strong is a piece of paper?
3	Textiles (stiffening and strengthening fabric) How can you make a box out of cloth?	Food and Nutrition (individual diets) What do we mean by a balanced diet?	Mechanisms (levers and linkages) How can you do a lot of work with little effort?	Food and Nutrition (food as medicine) How does food affect your body and mind?	Systems (how things are powered) How are things powered?	Structures (spanning gaps) What makes a bridge strong?
4	Food and Nutrition (ultra-processed food) What's really in our food?	Mechanisms (hinges) How many ways are there to open a door?	Textiles (fixings and fastenings) How do you keep a tea towel from slipping off a hook?	Structures (designing structures using a frame to make them stronger and sturdier) Which shapes will give a structure stability?	Electrical systems (switches and circuits) How useful are switches?	Food and Nutrition (benefits of fresh food) Is cheap food always worse for you?
5	Food and Nutrition (food choices) Why are our diets so different?	Systems (using technology to design and control) How can we keep ourselves safe on the road?	Textiles (durability of fabric) Which fabric is ideal for creating a functional and hardwearing lunch bag?	Food and Nutrition (cultural influences on diet) What can you learn from different cultures' diet?	Structures (developing structures that are fit for purpose) How are frames strengthened, reinforced and made rigid?	Mechanisms (pulleys and gears – transferring rotational force) How can you lift a car onto a roof?
6	Food and Nutrition (multicultural influences on food) Can street foods save us?	Mechanisms (pulleys and gears – rotary and linear movement) How do pulleys and gears let you see the world?	Food and Nutrition (food and the mood) Does food affect the way you feel?	Structures (designing structures revisited – combining skills and knowledge) How strong is a piece of spaghetti?	Electrical systems (complex switches and circuits) Can switches perform more than one function?	Textiles (sustainable materials) How can you reduce, recycle, repurpose?