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# Oxford Primary Social Studies





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## Growing Together



Pat Lunt

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3

# Contents

## Unit 1 Culture and identity

<b>1.1</b>	Who am I?	4
<b>1.2</b>	What can I offer?	6
<b>1.3</b>	Personal goals	8
<b>1.4</b>	Functions of the family	10
<b>1.5</b>	Roles within the family	12
<b>1.6</b>	Cultural heritage	14
<b>1.7</b>	Celebrating local culture	16
<b>1.8</b>	Cultures living together	18
	Review questions	20

## Unit 2 History and heritage

<b>2.1</b>	Historical evidence	22
<b>2.2</b>	Evidence for local history	24
<b>2.3</b>	Early history	26
<b>2.4</b>	Early tribes and trade	28
	Review questions	30

## Unit 3 People and places

<b>3.1</b>	Climate	32
<b>3.2</b>	Climate and human activity	34
<b>3.3</b>	Using local maps	36
<b>3.4</b>	Locations within a country	38
<b>3.5</b>	Regions	40
<b>3.6</b>	Natural coastal features	42
<b>3.7</b>	Inland physical features	44
<b>3.8</b>	Physical features and water	46
<b>3.9</b>	Mapping physical features	48
<b>3.10</b>	Natural resources	50
<b>3.11</b>	The Arabian Gulf	52

<b>3.12</b>	Changing the environment	54
<b>3.13</b>	Transport	56
<b>3.14</b>	Populations	58
<b>3.15</b>	People and places	60
<b>3.16</b>	Where people live	62
	Review questions	64

## Unit 4 Citizenship

<b>4.1</b>	Being a part of society	66
<b>4.2</b>	A multicultural society	68
<b>4.3</b>	Using natural resources	70
<b>4.4</b>	Using public spaces	72
<b>4.5</b>	The school environment	74
<b>4.6</b>	School resources	76
<b>4.7</b>	How do we communicate?	78
<b>4.8</b>	Means of communication	80
<b>4.9</b>	Social groups and rules	82
<b>4.10</b>	Public services 1	84
<b>4.11</b>	Public services 2	86
<b>4.12</b>	Employment	88
<b>4.13</b>	Consumers	90
	Review questions	92

## Unit 5 Health and wellbeing

<b>5.1</b>	Food and health	94
<b>5.2</b>	Exercise and health	96
<b>5.3</b>	Staying safe at school	98
<b>5.4</b>	Healthy relationships	100
	Review questions	102
	Glossary	103



# 1 Culture and identity

## In this unit you will learn:

- how to develop personal goals and qualities
- why it is important to have a role in the family
- that there are different cultures in this region and around the world
- to make up role plays for different situations
- to carry out a survey
- to design an object suitable for your culture.



What are special features of culture in the country where you live?

**self-esteem**      **generation**  
**architecture**   **habit**      **services**  
**society**          **goods**

# 1.1 Who am I?

**In these lessons you will learn:**

- about your sense of identity
- that we share similarities and have differences
- that everyone is special.

## Identity



▲ We know we are unique because we all look different.

Each person has a body. This is the physical part of who a person is.

Each person is more than just a body.

Each of us is a separate person. We can think and feel.

As we grow we become more aware of who we are and what we are like.

We begin to develop likes and dislikes. We discover our gifts and talents. We develop a personality. We also begin to form an identity. This is the idea we have about who we are.

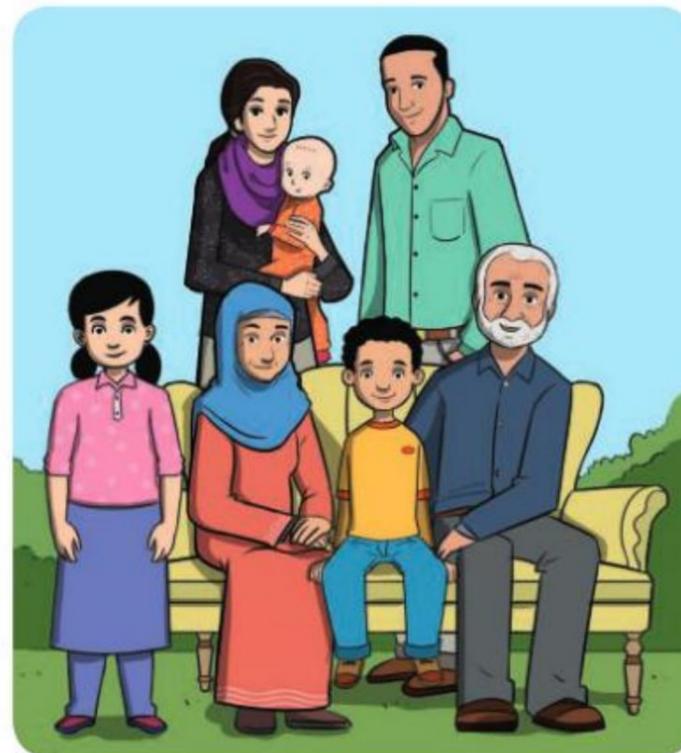
## Forming an identity

Many things help us develop our identity. The groups to which we belong probably have the biggest influence.

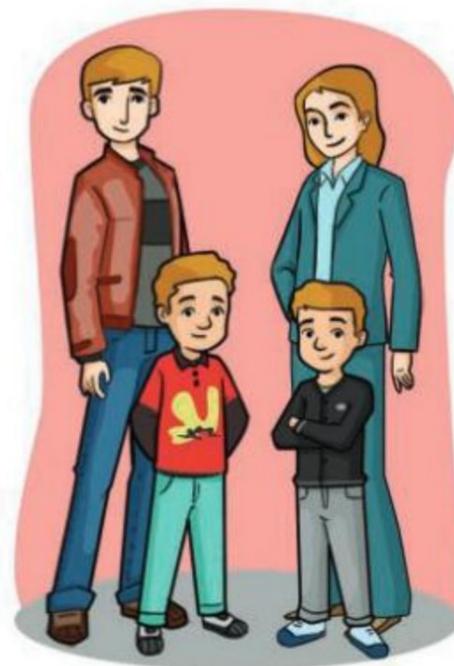
One of the most important groups is our family. Other important groups are friendship groups and groups inside and outside school.

Other things help form our identity such as the country we come from, the race we belong to and the beliefs we hold.

We all belong to one big group – the human race.



▲ We form our identity partly because of where we feel we belong.



▲ Part of our identity comes from belonging to the human race.

## Activities

- 1 Work with a partner and make a list of things about both of you that are the same. For example everyone needs water to drink. Then make a list of things that makes you different. Make sure you list something that is special about each of you.
- 2 Draw a picture of yourself and write about the things that help explain who you are, such as your family, your school, your clubs, what you like and things you are good at.

## 1.2 What can I offer?

**In this lesson you will learn:**

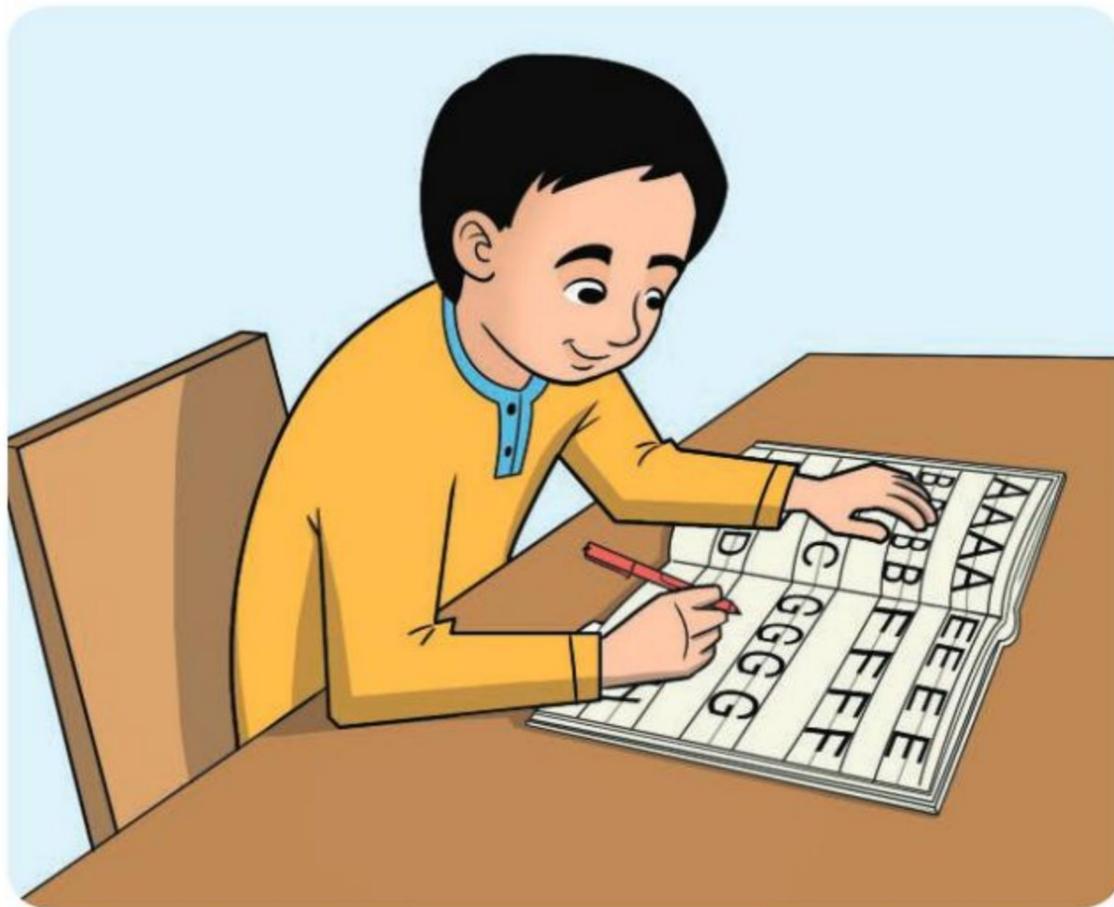
- to identify positive personal qualities
- how to develop positive personal qualities.

### Learning and growing

As we grow we build up more knowledge about the world.

We can learn new skills that will help us to do particular tasks.

We can also develop our positive personal qualities.



▲ As we grow we learn new skills.

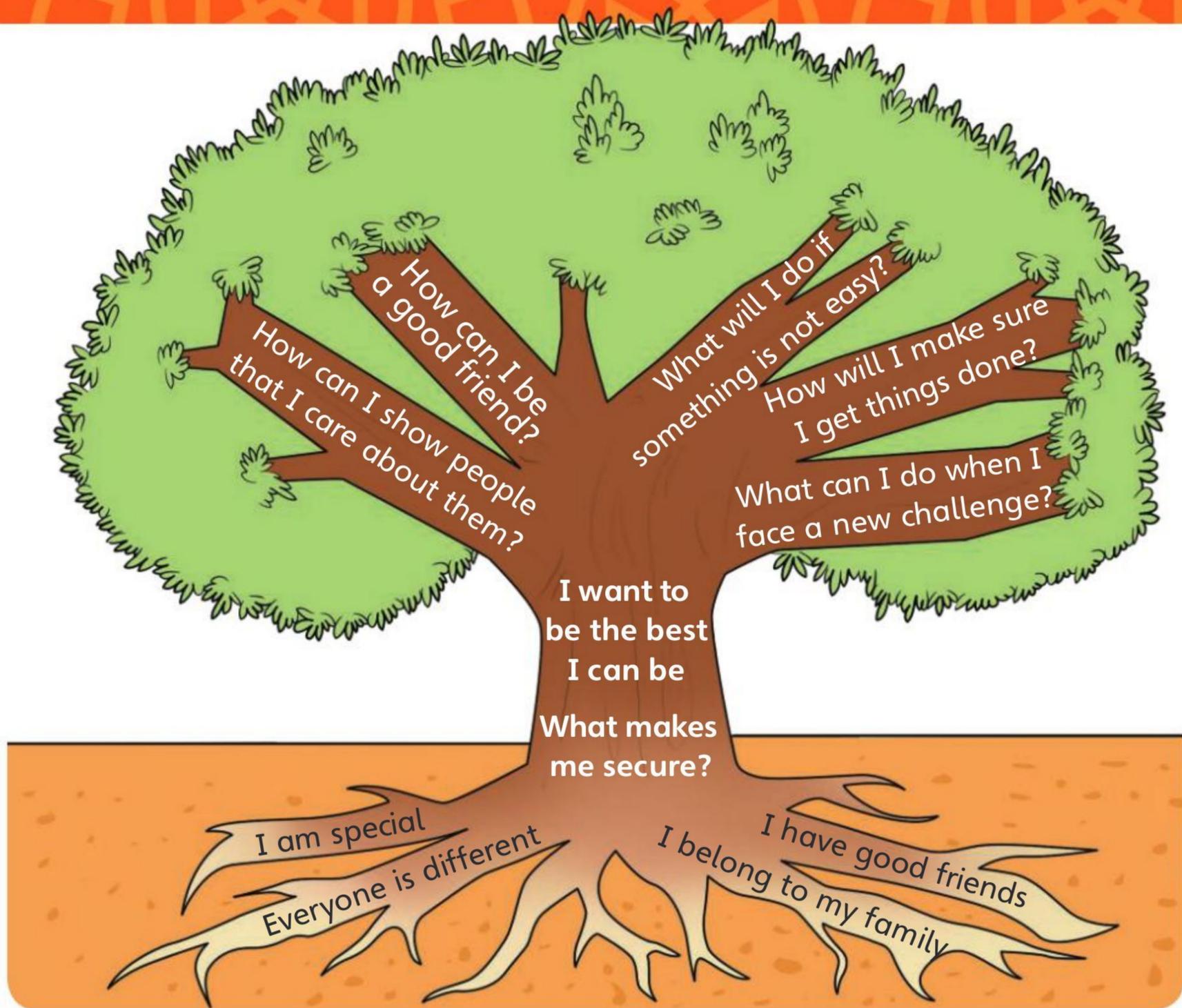
### Growing and changing

As we grow we become more aware of ourselves as people.

We are able to think about our characteristics and our personality.

We can identify the things we like about ourselves and the things it would be good to change or improve.

We can practise thinking or behaving in ways that help this.



▲ We need strong roots like a tree so that we can stay standing and grow.

## Useful habits

If we practise thinking or behaving in a particular way then that way of thinking or behaving becomes a **habit**.

If we keep thinking about ourselves and other people in a positive way then that is the way we will naturally think.

If we practise behaving in ways that remember other people's feelings and needs we will become a kind, thoughtful and helpful person.

## Activities

- 1 Draw a picture of a tree like the one above. Write answers to the questions given on the branches on the tree above, like 'I will be loyal to show I am a good friend.'
- 2 Work in a group to make up role plays that show how people have positive personal qualities in different situations.

# 1.3 Personal goals

**In this lesson you will learn:**

- about the idea of personal goals
- to identify some personal goals
- to think of ways to reach those goals.

## Did you know?

Neil Armstrong was the first man to step onto the surface of the moon. He had been training for over four years.

## What I want to do

A personal goal can be something that a person hopes to do.

Personal goals can include wanting to learn the multiplication tables, being able to read and write, or finding out about a particular topic. Other examples of personal goals would be wanting to learn to play a musical instrument or a particular sport.

Sometimes people have a definite goal concerning what they want to do when they are older. People may want to work as doctors, artists, scientists or teachers. They may want to work protecting wild animals or in looking after the environment.

To achieve any of these goals people also have to set some different goals. They have to commit to all the effort of practising skills and gaining knowledge.

▼ Many people have a goal of what they would like to do as an adult.



## Who I want to be

A personal goal can also be about how a person wants to be.

A personal goal could be to do with how a person feels about him or herself. Perhaps a person needs to build up their confidence or learn how to deal with difficulties.

A personal goal could be about how well a person relates to other people.



▲ It is good to think about how we can help other people.

## Activities

1 Answer these questions for yourself.

- How well do you cope when something is not easy – can you keep going?
- How good are you at telling other people what you think and feel?
- How often do you see what other people need, and do something to help?
- Do you make decisions based on what you know to be right or wrong?
- How easy is it for you to work with other people?
- Are you curious about life? What are the things you want to know and find out about?
- Are you able to respect other people's views in different situations?

2 Discuss the questions in a group to decide why these things are important.