






Growing Cress

Learning outcomes:

KS1

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- Pupils should be introduced to the idea that all living things have certain characteristics that are essential for keeping them alive and healthy.
 - Pupils should use the local environment throughout the year to explore and answer questions about plants growing in their habitat. Where possible, they should observe the growth of flowers and vegetables that they have planted.
 - Pupils should be taught to observe and describe how seeds and bulbs grow into mature plants.
 - Pupils should be taught to find out and describe how plants need water, light and a suitable temperature to grow and stay healthy.
 - They should become familiar with common names of flowers, examples of deciduous and evergreen trees, and plant structures (including leaves, flowers (blossom), petals, fruit, roots, bulb, seed, trunk, branches, stem).
 - Pupils should use the local environment throughout the year to observe how plants grow. Pupils should be introduced to the requirements of plants for germination, growth and survival, as well as the processes of reproduction and growth in plants. (Note: seeds and bulbs need water to grow but most do not need light; seeds and bulbs have a store of food inside them.)
 - Pupils might work scientifically by: observing and recording, with some accuracy, the growth of a variety of plants as they change over time from a seed or bulb, or observing similar plants at different stages of growth; setting up a comparative test to show that plants need light and water to stay healthy.

During spring, the weather can be unpredictable, with warm days and chilly nights. However, this doesn't stop us from gardening! We have a wonderful activity planned for you where we will be planting cress seeds indoors. We'll be using the paper pots we made from recycled newspaper in our previous activity. Let's get ready to bring some greenery into our classrooms!

Contents included:

- Cress seeds
- 30 coir discs
- Growth tracking sheet – photocopied for each child (plus a few extras)




Contents not Included:

- Paper pots made in the newspaper pots activity
- Large bowl or bucket



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Instructions:

1. Make photocopies of the growing tracking sheet for all your fantastic students. Don't forget to keep a master copy for future reference!
 2. Double-check that each student has their super cool paper pot from the newspaper pot activity. They're ready for the next gardening adventure!
 3. Let's prepare the compost! Place the 30 coir discs in a larger container. If it's a bit small, no worries! You can do this in batches. Slowly add water to the discs and watch them magically expand into wonderful compost.
 4. Time to share the compost love! Give each student an equal amount of compost to fill their paper pot. They're becoming pro gardeners!
 5. It's cress seed time! Each student gets their own packet of cress seeds. Encourage them to open it carefully and sprinkle the tiny wonders on top of the compost. Remind them to gently press the seeds into the soil.
 6. Let's have a fun chat about what plants need to grow and sprout. Share the excitement with your class as they nurture their little cress plants.
 7. Keep those seeds happy! Water them gently and find a cosy spot with lots of sunshine to place the pots. Don't forget to check on them regularly and make sure the soil stays nice and damp.
 8. As the cress starts to sprout and grow, it's time to document their progress on the growing tracking sheet. Encourage your students to unleash their inner artists and draw the evolving plants in different boxes on the worksheet. Let the creativity bloom!
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Vocabulary: plants, seeds, compost, growth, soil, sunlight, water, sprouting, germination, photosynthesis.