

	Term 1 Autumn & Harvest	Term 2 Festivals	Term 3 Traditional Tales	Term 4	Term 5	Term 6
				Journey	Dinosaurs	Minibeasts
Experiences	Visit to local shops	Diwali workshop	Theatre company performance	Go on a train ride	Archaeological dig (replicate)	Visit to farm. Fruit Picking
Planned vocabulary	Harvest, Autumn, season, crop, gathering	Hindu, rangoli pattern, sari, mosque	Setting, characters, long ago, enchanting, kingdom	Vehicles, location, distance, destination	Palaeontologist, fossils, prehistoric	Insect, Abdomen, chrysalis
Communication and Language	Harvest performance to parents	Show & Tell Nativity Performance to parents & school Speech & Lang interventions	Show & Tell Easter performance to parents & school Speech & Lang interventions	Show & Tell Speech & Lang interventions	Show & Tell Speech & Lang interventions	Show & Tell Asking & answering questions Speech & Lang interventions
Physical Development	BEAM Using space Writing own name Correct pencil grip Toileting & washing hands	Forest school sessions Dancing and creating dances Cutting skills Hygiene for cooking, healthy food choices Letter formation	Forest school sessions Gymnastics & apparatus Balancing, moving Staying safe Handwriting fluency	Forest school sessions Gymnastics & apparatus Building core strength Oral care Moving under, over, above, below Handwriting fluency	Forest school sessions Ball Games Coordination, team games Handwriting fluency	Forest school sessions Sports Day Handwriting fluency
Personal, Social & Emotional Development	Colour Monster- awareness of feelings	Celebrate uniqueness- different cultures 'I am special'	Show confidence, perseverance and resilience	Show understanding of healthy choices	Follow direction/instructions. Give to a friend	Transition 'ready to spread my wings'
Religious Education	Creation	Incarnation	New Testament Stories	Salvation	Old Testament Stories	Faith Stories

Literacy	Selection of rhymes and story Hearing initial sounds, final sounds, sound talking cvc words. Phase 1 revisit Phonics Phase 2 s atpinmdgockehr	Writing labels, captions, shopping lists. Letter to Father Christmas. Phase 2 u I f b Revise Phase 2 Phase 3 j v w x y z qu ch sh ai OO oo ee or ar ur	Segmenting and blending Story mapping & hot seating Instructions recipe Wring labels, captions and sentences Story telling language and phrases, story retelling ow oi ear air ure Revise Phase 3	Wring labels and captions Writing facts Phonics Phase 4	Phonics, reading, writing, segmenting and blending Wring labels, captions, postcards Writing speech bubbles Acting out Phonics Phase 4	Writing facts Story telling language and phrases Sentences need a capital letter, full stop, finger spaces. Read through to check it makes sense. Phonics Phase 4
Mathematics	Introduce Numberblocks Mathematic challenges in an enabling environment Counting, ordering, subitising Composition of numbers 1 to 5 Shape and pattern Counting and number songs Ordering number recognition, counting objects.	Numberblocks programmes The number of a group can be changed by adding to it or taking from it. Addition and subtraction of 1 Number bonds to 5 Counting, ordering & subitising Addition & subtraction of numbers to 5 Number bonds to 5 Continue a pattern & colours	Numberblocks programmes Counting (1 to 10) Structure of square numbers (4 & 9) Partitioning and combining. Adding and finding one more 10 ones are equivalent to one 10. 2D shape names and properties Counting & number recognition to 20, one more, one less Solving problems	Numberblocks programmes Doubling and Equal groups Partitioning 8 into equal groups. Partitioning 9 into 3 equal groups Partitioning is the inverse of Combining. Odd and even numbers Subtracting 2 from numbers up to 10. Counting in 2s Comparing capacities and volumes	Numberblocks programmes Comparison of numbers 1 to 5 using the language of 'greater than' and 'less than' Composition of numbers to 5. Exploring the part-part- whole model to partition & combine numbers to 5 Introducing the concept of zero Solving problems: measuring	Numberblocks programmes Comparison of numbers to 10 using the language of 'bigger than', 'smaller than' leading to 'greater than' and 'less than'. Pairs of numbers that total 10 3D shape names and properties Problem solving: doubling, halving, sharing equally. Addition & subtraction problems
Understanding the World	Where do our fruit and vegetables come from? Origins of different foods	Understanding different cultures & enjoy different things Understanding reflection Look closely at similarities, differences, patterns and change	Understanding differences and similarities between make believe and their own world Babies: How do we care for babies What do they need? Cooking changing state	Parts of a daffodil, roots, shoot, flower, petals Seasons—signs of spring How do we look after ourselves? How do we stay healthy? What should we eat?	Different places, environments & Countries. How do you send a letter/ postcard? Paying for tickets, passports to travel to different countries London—capital city. Maps and getting around	Protect our world and environment Recycling All living things need water what else? Talk about changes in the weather and seasons Lifecycles
Expressive Art & Design	Leaf printing Fruit and veg art/ printing	Rangoli Patterns Christmas Art Acting in Nativity play learning songs Creating dances	Create the Three Little Pigs' Houses in different materials Design and create fairy tale props Video/photograph acting out stories Story Teller's chair, dramatic story telling	Daffodil real life drawings Photography (iPad photos)	Planning, designing & making a fantasy vehicle from junk	Mini-beast art Listen to "Flight of the Bumble Bee" Create a Bee dance

St. George's Church of England Primary School – Long Term Planning Beech Class Year 1



Year 1	Autum	n Term 1	Autumn	Term 2	Spring ¹	Term 1	Spring	Term 2	Sur	nmer Term 1	L		Summer Tern	1 2		
Christian Value	Res	pect	Cour	age	Kind	ness	Forgiv	veness		Honesty			Норе			
English text			Jack and the	Beanstalk	The Three	Little Pigs	The Snail an	d the Whale	Where r	ny wellies tal	ke me		Man on the Mo	oon		
	The Mega Ma	agic Hair Swap	UMOPINE THAT BEADING	0	The Three		Julia Donaldson Aset Scheffler			## T		SIMON BARTRAM				
	Rochell M	the Human the Head September 1971	Jack Beans	and the stalk of t	Little I	Pigs T	The	s Snacl		MORPURGO ILILARY AVELLUS COLYTA I DORENICA GILL		See in the treat case				
Maths	Number:	Number:	Geometry:	Number:	Addition and	Number:	Measurement:	Measurement:	Number:	Number:	Geometry:	Number:	Measurement:	Measurement:		
	Place Value	Addition and	Shape	Place Value	Subtraction	Place Value	Length and	Weight and	Multiplication Fractions Position		Place	Money	Time			
	(within 10)	Subtraction		(within 20)	(within 20)	(within 50)	Height	Volume	and Division and		Value					
		(within 10)							Direction		(within 100)					
Science	Huma	n body	Animals includ	ding humans	Seasonal	change	Everyday	materials		Plants	I	,	Seasonal chan	ge		
RE	_	od	INCARN	_	Gos	•	Salva	ation		Judaism		Judaism				
		stians believe s like?	Why does Christi Christi		What is the go		Why does Eas Christ	ster matter to tians?	Who is Jew	ish and what believe?	do they	Who is J	ewish and what do	o they believe?		
Geography	Why we lov	ve Wrotham			Brilliant	Britain						African Adventure		ure		
	What make	es Wrotham			Where in the wo	orld do we live?						Where in t	he world would y	ou prefer to live?		
	unio	que?											Great Britain or K	enya?		
History			Why we love	e Wrotham			Brilliant	t Britain	Qu	een Elizabetl	1					
-			What would it l	be like to be a			What has been I	earned from The	Why is Queen E	lizabeth fam	ous?					
			child in th	•				of London?	, .							
Computing		n/exploring	Grouping a	•	Lego bu		Animated s	Animated story books		Coding		Coding		_	Spreadsheet	
Art	Purpi	eMash	Pictog Formal elem		Game ex	cpiorers	Art & de	cian ckille			'	echnology outside Sculpture & col				
DT	Food (fruit ar	nd vegetables)	i omiai elem	ichia di Ait	Mechanism	s- making a	Ait & de.	21611 21(11)2	Textiles- puppets			Sculpture & COI	iuge			
	. 555 (11 611 61	/			storyl	U			rextiles- puppets							
Music	Sin	ging			Playing ins				Combining sounds							
PE	Forest	School	Forest S	School	Infant	agility	Tag F		C	rienteering			Tennis			
		tball	Gymna		Dar	ice	Tri (Golf		wik Cricket		Ath	letics & Sports Da	y practice		
RSHE/PSCHE	Bein	g safe	Respectful re	elationships	Being h	ealthy	All abo	out me	Resp	onsible citize	ns		Changes			

St. George's Church of England Primary School – Long Term Planning Maple Class Year 2



Year 2	Autum	n Term 1	Autumn	Term 2	Spring 7	Term 1	Spring	Term 2	Sur	nmer Term 1			Summer Term	12
Christian	Res	spect	Cour	age	Kind	ness	Forgiv	veness .		Honesty			Норе	
Value														
English text	Skelet	Day at on School	BIG I	FOLVES BAD G	Shackle	Vollar to Be or ten's Polar expedition!	Per Wan	Out	The POGGY POGGY FOREST		TACH OZAN MINI GREY		REY	
Maths	Number: Place Value (within 10)	Number: Addition and Subtraction (within 10)	Geometry: Shape	Number: Place Value (within 20)	Addition and Subtraction (within 20)	Number: Place Value (within 50)	Measurement: Length and Height	Measurement: Weight and Volume	Number: Number: Geometry: Multiplication and Division Number: Geometry: Position and Direction		Number: Place Value (within 100)	Measurement: Money	Measurement: Time	
Science	Use of every	day materials	Animals inclu	ding humans		All living things	and their habitats		Plants		ST	EM unit - Scientifi	enquiry	
RE		ation	Incarn		Gos	•		ation	Islam					
	Who made	e the world?	Why does Christ Christ		What is the go		Why does Eas Chris			Who	is Muslim and	d what do they believe?		
Geography	Why we lov	ve Wrotham?	CHIISU	idii5!	Explo	<u> </u>	CIIIS	riaiis:				Super South E		act
Geography		es and cities			How did Shac							Is the landscape of Ke		
	diffe	erent?			Antaro	ctica?								
History			Gunpowder, tre					orers		Transport				
			What were th					st Shackleton's	Can Stevenso		get to the			
			consequences of action	•			expedition sha	aped our lives?	moon?					
Computing	Microso	oft Word	Cod		Spreadsh	eets and	Effective	Searching	Creating Pictures		Makir	ng music and Pres	enting ideas	
				3	Questi	oning		3	ereating rictures				S	
Art			Formal elem	nents of art			Art and de	esign skills				Sculpture and co	llage	
DT	Food (a ba	lanced diet)			Mechanism				Textiles (pouches)					
					moving n									
MfL						Explo	red through cultur		tions					
Music			_	16 11 11		1.7. 16	Opportunities 1							
PE		Gymnastics	Dance and			Infant agility and Tri golf		and Tag-rugby				Forest School, athletics and sports day practice		
RSHE/PSCHE	Bein	g Safe	Respectful Re	elationships	Being h	ealthy	All abo	out me	Resp	onsible citize	ns		Changes	

St. George's Church of England Primary School – Long Term Planning Cedar Class Year 3

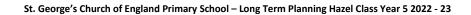


Year 3	Autumr	n Term 1	Autumn	Term 2	Spring	Term 1	Spring	Term 2	Summer	Term 1	Summe	er Term 2
Christian Value	Res	pect	Cou	rage	Kind	dness	Forgi	veness	Hone	esty	H	ope
English text	Hot like Fire			REGORY COOL ACCIDIT BINCH		PEBBLE IN MY POCKET	Rose DA	HES South	HOT Youry Tale		WHAT A WASTE MASTE MATERIAL MAT	
	Hot lii	ke Fire	Gregoi	ry Cooi	Pebble in	my pocket	The w	vitches	This is not a	This is not a fairy tale		a waste
Maths	Number: Place Value	Number: Addition and Subtraction	Number: Multiplication and Division	Measurement: Length and Perimeter	Number: Fractions	Measurement: Mass and Capacity	Number: Fractions	Measurement: Money	Measurement: Geometry: Time Shape		Geometry: Statistics	Consolidation
Science	Lig	ght	Forces and	d Magnets	Animals inclu	uding humans	Ro	cks	Plants		Pla	ants
RE		of God	Sikh			nation	Salv	ation	Kingdom of God		Sikhism	
	What is it like to follow God?		What is important to Sikh people?		What is the Trinity?			ans call the day Good Friday'?	When Jesus left impact of P			ople worship and brate?
Geography	_	rom above a birds eye view?			Biomes What on Earth are Biomes?				Gree It's all Gree			
History			Flying Soaring throu	=			What was the	to Iron Age impact of Early n Britain today?			How has Gree	eece ce changed over me?
Computing	Touch	Typing	Cod	ling		nail Inline safety)	Spreadsheets	Branching Databases	Simulations	Graphing	Pres	enting
Art			Formal elen	nents of Art	, J		Art and d	esign skills			С	raft
DT	Food (eating	g seasonally)			-	vstems (making atic toys)			Electrical sys electr	•		
MfL	Gree	etings	Numbe	rs 0 -15	What's t	the date?	Col	ours	Alpha	abet	Where d	o you live?
Music		e music and to use and understand musical denotations		Singing	with accuracy, flue	ncy, control and ex	pression	Liste	ning and appraisin	g a wide range of n	nusic	
PE	Net	Netball Multi skills		Gymi	nastics	Da	nce	Oriente	ering	Kwik	Cricket	
	GSP and inv	asion games	G:		GSP and Contr	ol & Movement	Move	ement		-	GSP and Stri	king & Fielding
	Swim	nming	Swim	ming		Schools Adventure		Hockey GSP and Invasion Games		Rounders GSP and Striking & Fielding		orts Day Practice
RSHE/PSCHE	Reine	g Safe	Respectful R	elationships		healthy		out me	Responsibl			•
KOME/POCHE	Rein	g sate	kespectful R	eiationsnips	Being	пеанту	All ab	out me	Kesponsibl	e citizens	Changes	

St. George's Church of England Primary School – Long Term Planning Willow Class Year 4



Number: Addition and Subtraction	Geometry: Area	STORY OF TILE PIES! Number: Multiplication	Kind EXPL EXPL Number:	RIAF	Forgive	eness		Honesty THE EGYPTIAN CINDERELLA State Crise - Banacis by Rail Hallo	1992 ⁻		Hope Alices Advertors on Wonderland			
Number: Addition and Subtraction d	Geometry: Area	Number: Multiplication	EXPL		They of C	es sila	b)	THE EGYPTIAN CINDERELLA Shirty Clair - Barrier to Radi Hilde	tos		Alite's Advertises Gn Wonderland			
Addition and Subtraction d	·	Multiplication	Number:		They as of Ostical Control of Con		THE ECYPTIAN CINDERELLA Is black (Cinc. In annual by Rah Hata		Alices Adembres on Wenderland LEWIS CARROLL					
	Animals inclu	and division	Multiplication and division	Length and perimeter	Fractions Decimals		Decimals	Money	Time	Shape	Statistics	Position and direction		
)n		uding humans	All living	ing things Electricity		ricity	Electricity		St	tes of mat	ter			
learn from the story?		nation he Trinity?	Gos What kind of v wa	vorld did Jesus	Salva Why do Christia Jesus died 'Go	ns call the day	ne day What does it mean		Hinduism What does it mean to be a Hindu in Britain today?			is a journe		hink that life significant
wider world - ound Wrotham			Diving into What's und								tains and R change the	Rivers - e landscape?		
		Punishment - ent fit the crime?			Rome wasn't b What did the Ron us	nans ever do for	Why were	Egyptians – the Ancient o awesome?	Egyptians					
Explore Microsoft PowerPoint e.g., changing font size, inserting pictures. Create a PowerPoint project in pairs		Unit 4.1 Coding		Unit 4.3 Spreadsheets		g for Different ences	Unit 4.5 Lo	~	Unit 4.6 nimation	Unit 4.7 Effective Searchin	ŀ	Unit 4.8 Hardware vestigators		
	Formal eler	ments of Art			Art and de	sign skills					Sculpture			
g a recipe)			Mechanical Sys	, ,			Electrical systems (torches)							
ngs		ers to 31 nabet	Da	tes	Body	parts	Family		Ni	mbers to 1	.00			
	· ·		Listen with atte	ntion to detail, use	and understand mu	usical notations	ions Listen with attention to detail, u		to detail, use	and understa	nd musical	notations		
ntion to detail, us	Invasio	n games	Invasion	n games	Outdoor &	Adventure			-			,		
ntion to detail, us on – nes III -	Invasion games Movement Control & Movement Coc							Fitness & Competition		tition				
		n to detail, use and understand m Tag R Invasio Dai es Move	Invasion games Dance - es Movement	Tag Rugby - Hand Invasion games Invasion Dance - Gymna Movement Control &	Listen with attention to detail, use Tag Rugby - Handball - Invasion games Invasion games Dance - Gymnastics - es Movement Control & Movement	Listen with attention to detail, use and understand musical notations Listen with attention to detail, use and understand mustand must be added to the control of the cont	Listen with attention to detail, use and understand musical notations - Tag Rugby - Handball - Forest Schools - Invasion games Invasion games Outdoor & Adventure - Dance - Gymnastics - Multiskills - Es Movement Control & Movement Coordination & Movement	Listen with attention to detail, use and understand musical notations Listen with attention to detail, use and understand musical notations Listen with attention to detail, use and understand musical notations Listen with attention to detail, use and understand musical notations Listen with attention to detail, use and understand musical notations Listen with attention to detail, use and understand musical notations Forest Schools - Outdoor & Adventure Bymnastics - Movement Coordination & Movement Briti	Listen with attention to detail, use and understand musical notations Listen with attention to detail, use and understand musical notations Listen with attention Forest Schools - Swimming Invasion games Outdoor & Adventure Dance - Gymnastics - Multiskills - Orienteering Movement Control & Movement Coordination & Movement British Orientee	Listen with attention to detail, use and understand musical notations Listen with attention to detail, use and understand musical notations Listen with attention to detail, use and understand musical notations Listen with attention to detail, use and understand musical notations Listen with attention to detail, use and understand musical notations Listen with attention to detail, use and understand musical notations Listen with attention to detail, use and understand musical notations Listen with attention to detail, use and understand musical notations Listen with attention to detail, use and understand musical notations Listen with attention to detail, use and understand musical notations Listen with attention to detail, use and understand musical notations Listen with attention to detail, use and understand musical notations Swimming Outdoor & Adventure Dance - Gymnastics - Multiskills - Orienteering - Coordination & Movement British Orienteering	Listen with attention to detail, use and understand musical notations Listen with attention to detail, use and understand musical notations Listen with attention to detail, use and understand musical notations Listen with attention to detail, use and understand musical notations Listen with attention to detail, use and understand musical notations Listen with attention to detail, use and understand musical notations Swimming Invasion games Outdoor & Adventure Dance - Gymnastics - Multiskills - Condination & Movement British Orienteering Fitnes	Listen with attention to detail, use and understand musical notations Listen with attention to detail, use and understand musical notations Listen with attention to detail, use and understand musical notations Listen with attention to detail, use and understand musical notations Listen with attention to detail, use and understand musical notations Listen with attention to detail, use and understand musical notations Swimming Outdoor & Adventure Dance - Gymnastics - Multiskills - Orienteering - Athletics & Sports Dates Movement Control & Movement Coordination & Movement British Orienteering Fitness & Compe		





Year 5	Autu	mn Term 1	Autumn 1	Term 2	Spring Term 1		S	pring Term 2		Summ	er Term 1		Summe	Term 2	
Christian Value	R	espect	Coura	ige	Kindn	ess		Forgiveness		Но	nesty		Но	pe	
English text	Treasure Island ROBELLOUS STAYMON KING ST. THE CLOUD FORESTS		JRGO	MICH, MORPU WAR H			A Series of Unfortunate Eventual Eventu	nts	平之4世 民民(1)		O DYSSEUS		SEUS		
Maths	Place	Addition &	Multiplication	Fractions A	Multiplication	Fractions B	Decimals & Perimeter Statistics		Shape	Position &	Decimals	Negative	Converting	Volume	
	Value	Subtraction	& Division		& Division		percentages	& Area			direction		numbers	units	
Science		1	orces		Earth and	Space	Animals including Properties and chang humans		anges of materials terms		of materials terms All living things and their ha		nd their habita	T.S	
RE	What doe	GOD s it mean if God ng and holy?	INCARNA Was Jesus the		PEOPLE O How can followi freedom and	ng God bring	What did Jesus	SALVATION do to save hu	uman beings?	s? What does it mean to be Jewish in Britain today?				Britain	
Geography	Com r How fa	ty, Country and monwealth or does Great itain go?			Human Ge Raiders or T							Knowledg	ge of the char wo Contrasts in		e wider
History			Monar Should there a leade	always be a			Raiders or Tra	Anglo-Saxons ders - Is it even nat isn't yours		Who were	e the Mayans o we know so out them?				
Computing	Word	processing	Codir	ng	Spreads	neets	Databases	Ga	ame Creator	3D M	odelling		Concep	t Maps	
Art			Formal eleme	ents of art			Art	: & design skill	ls				Every picture	tells a story	
DT	Structu	res (Bridges)			Food (What health				(Electror	al systems nic greeting nrds)					
MFL	Gı	reetings	Simple conv	ersations	Date	es .	Body parts		Fa	mily		Pets / a	ınimals		
Music			inging				ing and appraising				provise and c				
PE		est School	Badmir	nton	Swimming (nor / Netb	,	Swimm	Swimming (non-confident) / Handball			Golf		Orient		
	F	ootball	Hock	•	Gymna	stics		Dance		Kwik	Cricket	At	thletics & Spo	rts Day Practice	
RSHE/PSCHE	Be	eing safe	Respectful rel	lationships	Being he	althy		All about me		Responsi	ble citizens		Chai	nges	

St. George's Church of England Primary School – Long Term Planning Sycamore Class Year 6 2022 - 23



Year 6	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2		Summer Term 1	Summer Term 2		
Christian Value	Respect	Courage	Kindness	Forgive	ness	Honesty	Норе		
English	HARRY POTTER red the Philosopher's Stone of IK ROWLING: read by STEPHEN FRY	R. G. Relacies	Ofiver Twist The second second of the secon	Macbeth A Shikeppaar Skry Assured the Street of Borellins		The Lady of Shalott And Led Brown as Business Regions Business Regions Business Regions	PIG HEART BOY malorie blackman		
Maths	Place value	Fractions, decimals &	Position & direction	Measure	ement	Gap analysis/revision	Problem solving		
	Four operations	percentages	Algebra	Number & p	lace value	Problem solving	· ·		
	Measurement	Measurement:	Statistics	Multiplication	& division				
		Properties of shape		Measure	ement				
				Fractions &	decimals				
Science	Electricity	Light	Living Things and their Habitats	Evolution and Inheritance		Animals, including humans	STEM unit Scientific Enquiry Plants		
RE	Creation and science: conflicting or complementary?	Understanding the Gospel WWJD?	Year 6 Term 3 – What is it like for a Muslim in Britain today?	Why is the resurrection important for Christians?		Is it better to express your religion in arts and architecture or in charity and generosity?	What sort of King is Jesus?		
Geography	Urban World—On the Edge Why is London so powerful?		The Power of Mother Nature How has Mother Earth shaped our landscape?			A century of change! Then, now and whatever next?			
History		Britain at War Why was WW2 known as the people's war?		Vikin Are Vikings always viciou	victorious and		Looking forward to our future How will our world change?		
		?							
Computing	Microsoft word and	Unit 6.1 Coding	Unit 6.4 Blogging	Unit 6.5	Unit 6.6	Unit 6.7	Unit 6.9		
	PowerPoint.			Text Adventures	Networks	Quizzing	Spreadsheets		
Art		Art and design skills		Still I	ife		Make my voice heard		
DT	Structure (playgrounds)		Food (come dine with me)			Electrical systems (Steady hand game)			
MFL	Greetings	Developing conversations	Dates, seasons and	Body p		Family	Pets and animals		
	Starting a conversation		opinions	Singular and p Left and		Masculine and feminine nouns			
Music	Sing with accuracy, fluence	cy, control and expression	Play and per	nd the history of Music form in different contexts derstand musical notation		Listen and appraise a	wide range of music		
PE	Tag Rugby	Forest Schools	Swimming (non-confident)	Swimming (no		Tri Golf	Orienteering		
r.	rag nugny	1 01631 30110013	Or Netball	Or Han		III GOII	Orienteering		
	Handball	Dance	Badminton	Gymna		Rounders	Athletics & Sports Day Practice		
RSHE/PSCHE	First Aid Physical Health Healthy Eating	Respectful relationships	Being Healthy	All about me		All about me		Responsible citizens	Changes