

### ENGLISH:

Poster/flyer/advert – inviting parents to a family workout session – competition in year group, the winning one gets used.

Leaflets – produce a leaflet about healthy eating and eating a balanced diet. Create a healthy eating guide

Speeches - Write the speeches in the style of Martin Luther King's 'I have a dream' speech (e.g.: I have a dream that one day all children will have access to high quality fitness like me...etc.)

Encyclopaedia entry –

Persuasive letters –

Poetry –

### SPAG:

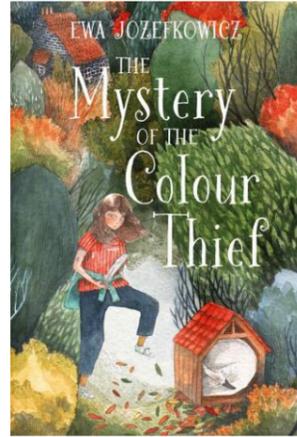
Fronted adverbials

Pronouns

Apostrophes

Noun phrases

Paragraphs



### ART, DESIGN & TECHNOLOGY:

2) To improve their mastery of art and design techniques, including drawing, painting and sculpture with a range of materials [for example, pencil, charcoal, paint, clay].

DT, Design: generate, develop, model and communicate their ideas through discussion and annotated sketches. Look at sporting sculptures around the world. Children to strike a pose, photograph it and recreate it in clay. Focus on the work of artist Lou Cella (Sculpture), review his work before creating your own version.

DT NC: understand and apply the principles of a healthy and varied diet. Evaluate – investigate and analyse a range of existing products. Look at options for Healthy snacks and drinks for family fitness sessions. What are the most appropriate, why? Look at ingredients.

Art NC: 1) create sketch books to record their observations and use them to review and revisit ideas. Sketch books - Sketch different parts of the body – observational drawings

3) Will learn about great artists, architects and designers in history Artists – Picasso, Andy Warhol, TS Lowry all use people or body parts – review and compare the artists and their work.

## TOPIC TITLE: Fit for Life #2

## Showcase Family fitness sessions

**COMPUTING: NC:** Use technology safely, respectfully and responsibly; recognise acceptable/unacceptable behaviour; identify a range of ways to report concerns about content and contact. Use search technologies effectively, appreciate how results are selected and ranked, and be discerning in evaluating digital content

Children to word process their speeches

Children to use a variety of websites to research information about the heart, muscles, bones, health trends around the world, different types of exercise from around the world and food groups.

Children to produce posters to advertise healthy eating and ensuring that everyone gets a balanced diet.

### History:

Looking at how fitness has changed over time. Compare to evolution and the Stone Age.

Look at the introduction of fast food chains into main areas – How did this impact the local community? How does this differ to health in community for their grandparents?

Comparison of diets from main historical periods (Neolithic, WWII, Roman, Viking, Victorians etc.)

Research the impacts of takeaways, supermarkets and fast food chains on humans, economy and life expectancy.

### MATHS: taught as stand-alone.

However, separate links with the heart rate monitor data from PE sessions could be used. Data could be compared between the 3 classes and boys/girls. Various questions could be discussed from this such as did everyone who ate breakfast achieve well in PE? Why? Graphs could be produced and analysed

#### Number: Fractions

- Equivalent fractions
- Fractions greater than 1
- Count in fractions
- Add 2 or more fractions
- Subtract 2 fractions
- Subtract from whole amounts
- Calculate fractions of a quantity
- Problem solving – calculate quantities

#### Number: Decimals

- Recognise tenths and hundredths
- Tenths as decimals
- Tenths on a place value grid
- Tenths on a number line
- Divide 1 digit by 10
- Divide 2 digits by 10
- Hundredths
- Hundredths as decimals
- Hundredths on a place value grid
- Divide 1 or 2 digits by 100

**MUSIC:** Appreciate and understand a wide range of high-quality live and recorded music from different traditions and from great composers and musicians. Investigate how music can impact exercise – workout to different songs, how did it impact your motivation and your output? - - Investigate how music can have a positive effect on our mental health. Listen to a range of songs by different artists – discuss the use of pitch, tempo, **Improvise and compose music for a range of purposes using the inter-related dimensions of music. Use and understand staff and other musical notations.** Using the research compose a song suitable for exercising initially use Lego to support in a practical way before recording as musical notation

**GEOGRAPHY: NC:** locate the world's countries, using maps to focus on Europe (including the location of Russia) and North and South America, concentrating on their environmental regions, key physical and human characteristics, countries, and major cities 2) human geography, including: types of settlement and land use, economic activity including trade links, and the distribution of natural resources including energy, food, minerals and water

- Compare healthiest city with unhealthiest – case study – location, impacts, fitness routines, schools, diet etc.
- Health across the globe – how does it compare in countries – comparison in North/South UK – cultural capitals? Look at the top 10 healthiest countries in the world.
- Research the different styles of exercises from around the world (Thai Chi, China, and Capoeira – Brazil) map them – do countries who exercise well have the healthiest people? Where are the 'healthy' countries located (hemisphere, continent) How do they maintain their health?

### SCIENCE: Animals including humans

NC – recognise that living things can be grouped in a variety of ways explore and use classification keys to help group, identify and name a variety of living things in their local and wider environment

NC - Identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat.

Identify that humans and some other animals have skeletons and muscles for support, protection and movement.

The heart – what it is, how it works, different parts of the heart

Compare and contrast diets of different animals (including pets) and decide ways to group them according to what they eat.

Mental health – learn what this is. Find out about the benefits of exercise on mental health, does this differ between children and adults? Is there a correlation between mental health figures and healthy cities across the UK/Europe/World?

What the impact of exercise has on our bodies as you work out, after an hour, 24hours, within a week, month, and year

Group and compare using classification keys – human focus rather than animals.

Learn the different food groups and how they can provide us with a balanced diet. Why do we need a balanced diet? What would different athletes require? Design and create healthy meals for various different people with different needs.

Find out why we have a skeleton and muscles – what would happen if we didn't have them

Investigations: Are vegetarians faster than meat-eaters? Why? What might happen if humans did not receive the right nutrition?

### R.E./PSHE: following PATHS curriculum Unit

RE – Religion: Christianity. Concept: Salvation. Key question: Is forgiveness always possible for Christians?

**ENRICHMENT:**  
following whole school enrichment programme

### PE/SPORT:

Morning PE: SAQ

Afternoon PE: fitness/movement, handball, multi-skills