



Driving Question:

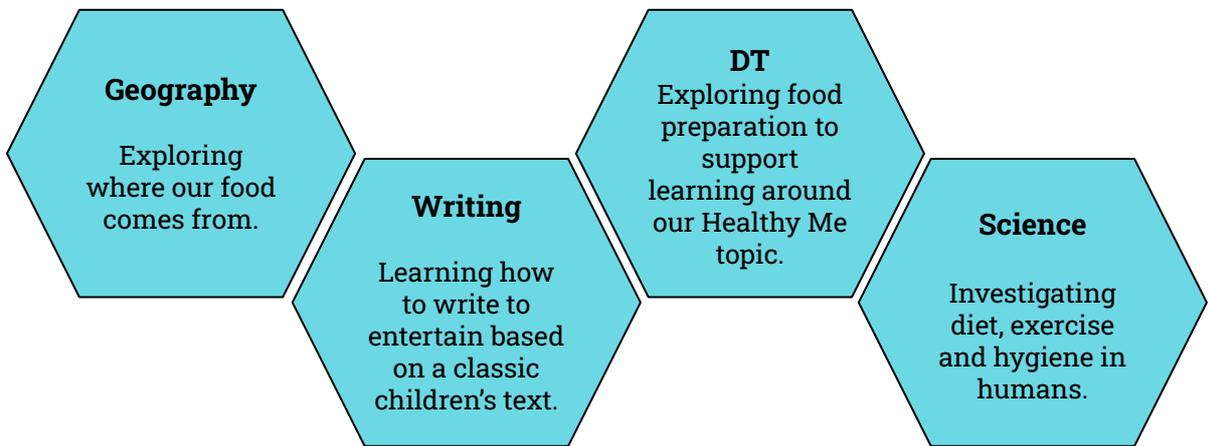
How can we, as health promoters, develop a healthy active lifestyle within Jewell Academy?

Launch:

On Friday 6th January, Year 2 will be launching their Healthy Me topic with a day of exercise, making healthy foods such as fruit salads and discussing how to live a healthy lifestyle.

Overview:

In our new topic, we will be learning about how to live a healthy lifestyle. Children will discuss how we can be healthy in our exercise habits, our diet and how we take of our hygiene. We will also be thinking about where in the world many of the foods we require to be healthy come from.



Vocabulary:

- diet
- exercise
- hygiene
- dentist
- doctor
- protein
- carbohydrates
- fats
- fruits
- sugars
- vegetables

Learning conversations to have at home:

Discuss with your child the word hygiene. What do they understand this word to mean? Do they know how we look after our hygiene both in school and at home?

A dentist is someone who helps us with our mouth and teeth hygiene. Dentists aren't the only people who help us with our hygiene.

Consider where we see people taking part in exercise and healthy lifestyles in everyday life.

There are many fun and interesting ways to keep fit and healthy. There are lots of different types of exercise we can do and many of these are free activities such as going for a walk, cycle ride or run.

Topic Home learning:

Please select one or more of the following options to create:

- A photo fact file of pupils explaining how the exercise is helping them.
- Write and/or make a healthy recipe and takes photos.
- Create a poster of an exercise routine you have made up yourself.

Due date: Monday 30th January.



Future Careers:

Children will be meeting a healthcare or exercise professional to discuss healthy approaches to lifestyle.

Landing:

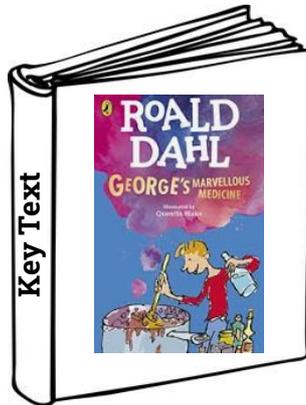
Children will design their own 5 minute PE warm-up in groups which the pupils will then introduce to the class.

Reading

This term our key text is 'George's Marvellous Medicine' by Roald Dahl. This classic story is engaging and entertaining for our pupils. It will align with our other discussions in our Healthy Me topic about how we take care of ourselves.

Have you heard of Roald Dahl? What other books has he written?

Do you know of any other authors that remind you of Roald Dahl? How are they similar?



What is your prediction for George? How will he use the medicine?

Would you recommend this book to someone? Why or why not?

English

- ★ Write to entertain.
- ★ Spelling suffixes-less, ness, ment, full, ly.
- ★ To use adjectives to describe in our writing.

How can you help at home?

- Can you think of any words ending with the suffixes you have been learning about? Have a go at writing sentences which include them.
- Bug club comprehension activities.

Maths

- ★ Money – counting pounds and pence, making the same amount with different coins.
- ★ Multiplying by 2, 5 and 10.
- ★ Dividing using these table facts.

How can you help at home?

- When you are out shopping ask your child to count coins or work out change.
- Practice multiplication and division with the 2, 5 and 10 times table.

Science

We are learning about hygiene, diet and how exercise helps humans stay healthy.

Geography

We are learning where in the world our healthy food comes from in the world.

Music

We will be working together to learn 'I wanna play in a band', a rock song for children.

PSHE

We are discussing, thinking and creating around the topic of dreams and goals.

Art

We will be using a range of materials creatively to design and make products to support our topic.

Computing

Learning about e-safety and inputting different types of codes.

Design and Technology

This half term, we will be learning about food preparation to support our Healthy Me topic.

Physical Education

We will continue to develop our movement skills and use dance in our PE sessions.

French

We are learning how to read and pronounce fruits and vegetables.

Religious Education

We will answer the question: Does going to a Mosque gives Muslims a sense of belonging?

Dates for the diary

Monday 30th January – topic home learning due in.

Homework club will also focus on supporting with spelling, maths and reading. Details later.