



Driving Question:

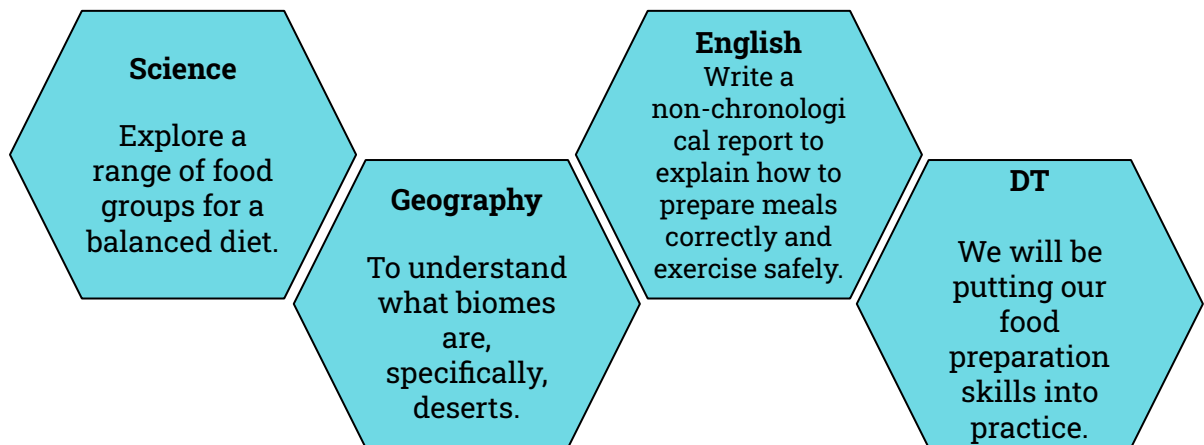
How can we, as athletes, maintain our health and fitness?

Launch:

We will be visiting Winchester Science Museum to complete a workshop to find out about how to keep our hearts healthy.

Overview:

In our new topic, we will be taking on the role of nutritionists, where we will be exploring different food groups to maintain a healthy and balanced diet. We will be applying our knowledge and understanding to design a healthy meal and training plan.



Vocabulary:

Health
Exercise
Nutrition
Vitamins
Minerals
Carbohydrates
Protein
Fats
Lungs
Heart
Lifestyle

Learning conversations to have at home:

Create healthy recipes and make your own healthy meals.

You can discuss how we benefit from the 5 main food groups, using this to create healthy snacks and meals that incorporate a balanced diet. Could you make some fruit smoothies or cheese salad wraps?

Discuss with your child why exercise is important.

Ask your child to think about how often they exercise. Talk about how your body feels after exercise. Find fun ways to exercise as a family.

Future Careers:

We will be talking to a nutritionist and a fitness coach to develop an understanding of the nutrients needed for a healthy balanced diet as well as the amount of exercise required daily.

Topic Home learning:

Choose your activity!
Why not create a powerpoint presentation (Google Slides) on healthy eating or a poster to encourage people to exercise regularly.

On or before: Monday 19th May 2023



Landing:

We will be creating a healthy living plan that focuses on diet and exercise. We will be focusing on how this might be different for different age groups.

Reading

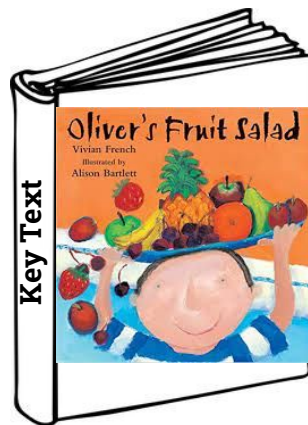
This term our key text is 'Oliver's Vegetables' by Vivian French. This book is all about a boy who only eats chips until he plays a surprising game with his Grandpa.

How does Oliver's grandad persuade him to eat more fruit?

What is your favourite part of the story?

What would you put into your fruit salad?

Which Jewell learning skills do the characters demonstrate?



English

- ★ Recount
- ★ Recipes
- ★ Persuasive Letter

How can you help at home?

- At home or out and about, encourage children to come up with different adjectives to describe foods.
- Read a range of recipe books and follow recipes at home with your children.

Maths

- ★ Fractions
- ★ Time
- ★ Times tables

How can you help at home?

- Encourage your child to practice their times tables for 10 mins a day on TTRockstars.
- Using our knowledge of time, why not create a timetable for your activities in the evenings or at weekends.

Science

We are learning about how exercise and nutrition can help us to keep healthy.

Geography

We are learning about desert biomes. Including climate and types of life within it.

Music

We are learning about disco music as a part of developing understanding of how different genres of music are used.

Computing

We are learning how to keep our personal information safe online, including how to log in and out of websites and apps correctly.

Design & Technology

We will be putting our food preparation skills into practice to prepare and cook a healthy meal.

PSHE

We are learning about how diet and exercise can keep us fit and healthy.

Physical Education

We will be taking part in a number of striking and fielding sports where we will focus on catching, throwing and batting.

Physical Education

We will also be taking part in a number of athletic events to prepare ourselves for sports day in Summer Term 2.

French

We are learning the french names for different body parts.

Religious Education

We will be studying Hinduism to try to answer our key question: How can Brahman be everywhere and in everything?

Dates for the diary

Winchester Science Museum - Tuesday 18th April 2023 Coronation Bank Holiday Monday 8th May