



### Driving Question:

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

### Launch:

On Wednesday 10<sup>th</sup> 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 is the world many of the foods we require to be healthy come from.



### Geography

Asking the question: where does our food come from?

### Writing

Learning how to write to entertain based on a classic children's text.

### DT

Exploring food preparation to support learning around Healthy Me topic.

### Science

Investigating diet, exercise and hygiene in humans.

### 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?**

*During this topic we will discuss hygiene and the professionals that help us with hygiene such as dentists.*

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

*Take time to talk to your children about why we make the diet choices to do to benefit our health and why people chose to do exercise.*

### 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 you

Due date: Wednesday 31<sup>st</sup> January



### Future Careers:

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

### Landing:

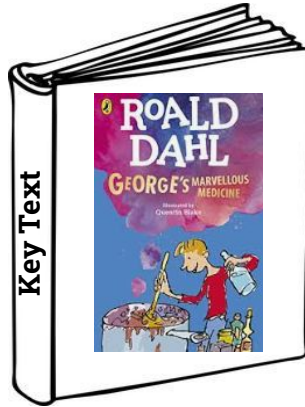
Children will design their own Healthy Me poster and present to other children about what makes up a healthy lifestyle.

## Reading

This term our key text is 'George's Marvellous Medicine' by Roald Dahl. This classic story is engaging and entertaining for our pupils and 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, ful, ly.
- ★ To use adjectives to describe in our writing.

### How can you help at home?

- Can you think of any words ending with -ful or -ment? 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 exercise helps humans stay healthy.

## Geography

We are learning about where the healthy food we eat 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 be continue to develop our movement skills and using dance in our PE sessions.

## Spanish

We are learning how to read and pronounce fruits and vegetables as well as different seasons.

## Religious Education

We will answer the question: Does praying at regular intervals help a Muslim in his/her everyday life?

### Dates for the diary

Wednesday 31<sup>st</sup> January – topic home learning due in date.

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