



Year 6: Spring 2 2024 Cardiovascular system

Driving Question:

How can we, as personal trainers, create a fitness circuit training programme to improve our health and fitness?

Launch:

We will compare a range of different fitness techniques and the impact it has upon our bodies and the heart rate for a healthy, active lifestyle.

Overview:

This term, we will be focussing on ways to have a healthy, active lifestyle and improve fitness. We will learn about the main parts of the human circulatory system, the function of the heart, blood vessels and blood and ways to maintain a healthy lifestyle.



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RESILIENCE:
We Keep On Trying

Science

We will investigate the human circulatory system, the function of the heart, blood vessels and blood.

PE

We will compare different sports, warm ups and cool downs that promote balanced, healthy, active lifestyle.

English

We will use our knowledge of a healthy lifestyle and heart to write a balanced argument.

Maths

We will use statistics to record, track and analyse our own fitness and impact upon our heart rate.

Vocabulary:

- health
- fitness
- cardiovascular
- physical activity
- heart rate
- blood vessels
- blood
- veins
- arteries
- balanced diet

Learning conversations to have at home:

What do you do to achieve and maintain a balanced, healthy, active lifestyle?

A balanced, healthy, active lifestyle is dependent on a variety of different factors. We need to ensure that we are eating a balanced diet, maintaining correct hygiene and taking part in enough physical activity.

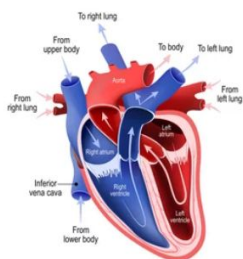
What is the importance of leading a balanced, healthy active lifestyle?

A balanced, healthy active lifestyle is important to our overall health. It allows our body to fight any diseases more effectively and prevents illness.

Topic Home learning:

We were overjoyed with the variety of homework projects we received last term.

Please choose tasks from the homework projects to complete by Thursday 28th March. This should reflect at least 4 hours of work.



Future Careers:

We will be developing our sports leadership skills and the different types of industries that enhance people's health and fitness.

Landing:

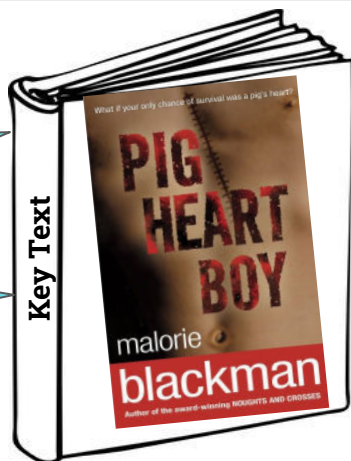
We will present our fitness circuit training programme to our peers/fellow year groups and allow them to trial them in PE lessons.

Reading

This term our key text is *Pig Heart Boy* by Malorie Blackman. We will be reading it within our English and guided reading lessons.

What do you think this book could be about?

Do you think organ transplants from animals should occur?



How would you feel if you had to make a life changing decision?

How does the main character portray their feelings in the story?

English

- ★ Our key focus for this term will be a balanced argument. We will look at the key features that are included and write our own.

How can you help at home?

- What is the importance of considering both sides of an argument?

Maths

Aspects of maths we are focusing on this half term are:

- ★ Fraction, decimals @ percentages.
- ★ Measurement.
- ★ Geometry.

→ How can you help at home?

- White Rose Maths have a plethora of resources available for you to help:
 - ◆ [Schemes of learning](#)
 - ◆ [Free downloadable workbooks](#)
 - ◆ [Video guides](#)

Science- We will be learning to identify and name the main parts of the human circulatory system, describe the functions of the heart, blood vessels and blood. We will investigate the impact of diet, exercise, drugs and lifestyle and their impact upon how our bodies function.

Geography- We are continuing with our Earthquakes unit and will look at the causes and impact they have upon communities.

Physical Education- We will be learning why it is important to look after our bodies in our health and fitness unit. We will also be learning how to create a routine in our dance unit.

PSHE- We are learning how to maintain personal health, fitness and hygiene, through our project- Healthy Me.

Music/Computing- We will be exploring music technology- Grime Music.

Religious Education- Enquiry question:
Is Christianity still a strong religion 2000 years after Jesus was on earth?

Spanish- We are learning to become more confident in engaging in conversations and asking and answering simple questions in Spanish.

Design and Technology- We will be designing and making our own mascot to promote our fitness programme -using fabric and developing our sewing skills.

Dates for the diary

- Homework is set and due every Friday, the homework project is due on Thursday 28th March.
- Homework club for Year 6 is every Tuesday after school until 4:15pm.
- Interventions (invite only) every Tuesday from 8.30am.
- End of term: Thursday 28th March 2024.