

Home Learning

Over the next few weeks we would like you to work with your child on the following challenges:

Parent Challenge

Share your knowledge of a healthy lifestyle including parts you do well and areas to improve.

Joint Challenge

Share your favourite foods and those don't you like? Are any the same?

Pupil Challenge (with a bit of help!)

Design a healthy meal plate in a medium of your choice. Or, plan a short exercise routine that can be shown and copied in school.



Please remind your child to bring in their pupil challenge on or before ...

Thank you



Fitness Café



For your diary:

Tuesday 15th July 2:30pm-3pm

PROJECT OUTCOME

You are invited to our café where you will be served some healthily prepared food and drink and join in with some gym circuits designed by the children (nothing too taxing)!

This project will be for 5 weeks and the children will see a demonstration of poor lifestyle choices before beginning their scientific learning about the importance of exercise, good diet and personal hygiene. They will classify the food groups and understand the function upon the body of each of the groups, undertake physical exercise routines where they will monitor their bodies before, during and after their routine and understand the importance of their own bodies and how to keep them safe.

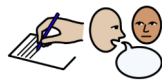
Science



The children will:

- Learn the 5 food groups and how they affect our bodies
- Understand the importance of personal hygiene and how germs spread
- Understand what a body needs to remain fit and healthy
- Use scientific language to name parts of the body
- Understand the function of the heart and how it increases in rate

English



The children will:

- Write sentences responding to bad lifestyle choices
- Use conjunctions and contractions when writing about favourite foods
- Use question marks, commas and contractions when writing about the 5 food groups
- Write instructions on how to clean teeth including headings, imperative verbs, time adverbials, adverbs, adjectives, contractions and suffixes

D.T.



The children will:

- Explore what makes a fruit kebab tasty and visually attractive
- Learn kitchen safety including using a knife and making a bridge to cut

To become a better learner we will evaluate and select appropriate resources and identify strengths and weaknesses in order to improve a product

I AM AN INDEPENDENT LEARNER



Interdependence

We will learn how to explain and justify our thoughts to communicate appropriately and process information using a variety of effective tools

I AM A THINKING LEARNER



Thinking

We will learn and use these new words:

Pulse, bridge, chop, mix, design, assemble, evaluate, balance, cool down, duration, exercise, teamwork and product