

## DOOR 3 – HEALTHY LIVES

<b>English</b> i. Good English skills (Reading, Writing, Speaking & Listening) unlock opportunities for a healthy flourishing life. ii. Access to high quality texts that support good self-image and empathy with others iii. Explore the role of the media and social media and the impact this can have.		<b>Maths</b> i. Use of Maths in healthy living (data, medical/health/fitness statistics) ii. Building Maths confidence and financial confidence (use of Maths in budgeting)		
<b>Geography</b> i. Identify jobs and careers linked to Geography (e.g. town planner, hydrologist, ecologists) ii. Awareness of economy dependent on Geography (e.g. fishing, farming, tourism, alternative energy such as wind power) iii. Identifying how Geography of an area can affect health and wellbeing (e.g. flood plains, pollution)	<b>Art</b> i. Build positive attitudes to other cultures, faiths and traditions through Art (e.g. Islamic Art) ii. Build confidence / self-esteem / healthy mental and emotional well-being (therapeutic benefits) iii. Explore careers in the Art industry iv. Consider how Art reflects and portrays positive relationships / world		<b>History</b> i. Enable children to identify ways in which health provision has developed over time and the historical context and lessons to be learnt from periods in history (e.g. epidemics, Crimean war, Florence Nightingale) ii. Knowledge of key historical sporting moments (e.g. Olympics) Identify jobs and careers linked to History (e.g. museum curator, archaeologist, historian)	
<b>Science</b> i. Focus on the human body and how it works. ii. To have a good understanding of themselves and what is going on as they grow and develop iii. Identify how exercise, or lack of it, affects our body and mind iv. How to keep our bodies healthy thinking about diet, exercise but also what might be harmful to us.	<b>Music</b> i. Build positive attitudes to other cultures, faiths and traditions through music ii. Build positive relationships through singing/playing together iii. Build confidence / self-esteem / healthy mental and emotional well-being (therapeutic benefits of music including learning an instrument) iv. Explore careers in the Music industry v. Identify songs, lyrics, music that support themes of healthy relationships		<b>PSHE</b> i. Identify what is and is not a healthy lifestyle. ii. Promote confidence, resourcefulness, enquiry and independence iii. Build self-esteem and respect for themselves and others. iv. Embed the knowledge and skills to make healthy choices v. Develop understanding of what makes a healthy relationship. vi. Develop healthy respect for the ideas, attitudes, values and feelings of others. vii. Understand and value their bodies and their individuality. viii. How to protect themselves from harm and abuse and to know where they may get help and advice (online and offline).	
<b>PE</b> i. Learn about the benefits (physical & mental) of exercise, healthy eating and make good choices ii. Develop knowledge about the different types of fitness / exercise. iii. Develop social skills through team sports and team-skills (co-operation, healthy competition) iv. Discuss careers in sport/PE	<b>DT</b> i. To produce ideas and technology that will support and encourage people to be healthy and have a better quality of life ii. Food technology units focus on a healthy diet and keeping safe in the kitchen iii. Children test and make improvements on the products they create so they are safe and work well for their target market.	<b>Computing</b> i. Computing is strongly linked to future aspirations ii. Access future learning and high quality jobs in computing iii. Opens a world of skills and knowledge for the work-place iv. Enables healthy connection with people around the world v. Empowers pupils to seek on-line help and support for a healthy life	<b>MFL (Spanish)</b> i. Develop Spanish conversational skills to support healthy relationships ii. Build the confidence that comes from knowing another language iii. Support potential international careers/lives by learning another language	<b>RE</b> i. Help our children to build positive relationships with other people from other cultures, faiths and traditions ii. Encourage respect for the ideas, attitudes, values, beliefs, and traditions of others iii. Explore what religions say about healthy lives