St. Anne's Catholic Primary School

Year 5 Knowledge Organiser

'Healthy Bodies, Healthy Minds'

" Loving God In All We Do."

The 'Healthy Bodies, Healthy Minds' topic is about:

Learning how to stay healthy, both physically and mentally. The children will explore why exercise is important not only to keep us fit but to support their well-being.

By the end of the topic, the children will be able to describe foods which help us nourish our bodies and know the importance of hygiene. They will also explore how medicines can be used when we are ill, but also how they can be harmful if used unsafely.

What we already know...

The children know the difference between healthy and unhealthy foods. Also, Protein and Fibre.

They know the different stages of the human lifecycle and can explain some lifecycles of animals.

By the end of the topic we will know (NC)

The lifecycles and stages of development of Humans and other animals.

By the end of the topic we will be able to (skills progression)

To understand and describe the different stages of development in Humans and animals, and how to maintain a healthy, balanced lifestyle.

Vocabulary

Science

Health, wellbeing, fitness, diet, circulatory system,

Protein, carbohydrate, sugar, salt, pulses,

vegetables. Heart rate,

Perspiration, internal organs.

English

Persuasion, legends, adverts, persuasive language, slogans.

Geography

British cities, towns, countryside, green belt, rivers, lakes, seas, coastal features.

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'Healthy Bodies, Healthy Minds'

Wider curriculum learning

Physical geography including rivers and UK cities and their features.

Exploring and tasting foods from the four countries of the British Isles. Also exploring and creating a healthy meal through their understanding of a healthy diet.

(DT/Food Technology)

We are going to read:

Our English lessons are based upon Legends of the British Isles. In these sessions we will read and discuss a number of British Legends. We will also be exploring the use of persuasive language in adverts on TV and in magazines.

Let's try this at home:

Look at the spelling list for Year 4 to consolidate learning.

Practise all times tables in preparation for weekly tests.

Key things to remember:

PE day is Wednesday, children to wear their kits all day.

All homework will be set on Class Charts as we will not be issuing homework books.

Homework will be issued online every Friday to be completed for the following Wednesday.

Year 4 spellings will be consolidated and assessed this half term to minimise gaps in the children's knowledge.