



# St. Anne's Catholic Primary School

## Year 6 Knowledge Organiser

### 'Healthy Bodies, Healthy Minds'

*"Loving God In All We Do."*



#### The 'Healthy Bodies, Healthy Minds' topic is about...

Throughout the term we will have a particular emphasis on physical and mental well-being, exploring feelings and how we can keep our bodies fit.

In Design and Technology children will understand and apply the principles of a healthy and varied diet. They will choose ingredients to support healthy eating choices when designing their food products. Their learning journey will lead them to prepare and cook a variety of dishes, using a range of cooking techniques.

In Science pupils will recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function (in the long term and short term).

#### What we already know...

- Not having a healthy lifestyle can affect your mental health
- Exercise is important to keep your body fit
- Not eating enough fruit and vegetables can lead to diseases
- Healthy bodies and a healthy mind are closely linked
- A healthy diet needs to be varied.

#### By the end of the topic we will know:

- understand and apply the principles of nutrition and learn how to cook
- build and apply a repertoire of knowledge, understanding and skills in order to design and make high quality prototypes and products for a wide range of users
- critique, evaluate and test their ideas and products and the work of others
- develop scientific knowledge and conceptual understanding through the specific disciplines of biology

#### Vocabulary

Heart, heartbeat, pulse, pulse rate, muscle, blood vessel, blood, lung, oxygen, oxygenated blood, deoxygenated blood, carbon dioxide, circulate, circulatory system, organ.

Diet, exercise, drugs, lifestyle, body function, harmful, healthy, damaged, nutrients, water, transported, substances.

Health, nutrition, eatwell plate, meal, balanced, evaluate, plan, weigh, safety, measure, select, prepare.



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#### Wider curriculum learning

In PE pupils will aim to increase their stamina and have fun through the exploration and choreography of a variety of dances. During French lessons children will read carefully and show understanding of words, phrases and simple writing associated with food, whilst in Music they will explore contrasting music suitable for both exercise and relaxation.

#### We are going to read

Look at a variety of sources to gather information about Paralympic athletes.

Macbeth (extracts from the playscript, as well as a variety of more modern, child friendly versions of the Shakespeare classic).

In collaborative learning this half-term we are going to visit the school kitchen as a year group, where they will work with the school cook and learn how to prepare and cook a range of healthy food.

#### Let's try this at home

- Research and find out more about William Shakespeare
- Read versions of other Shakespearean plays
- Practise using cooking and kitchen equipment (graters, knives, etc)
- Create a poster advertising the importance of healthy eating to school children

#### Key dates for this half-term

PE will be on a Friday—children will come to school dressed in PE kits and trainers or pumps.

Homework will be set each Friday, to be completed by the following Wednesday.