



St. Anne's Catholic Primary School

Year 3 Knowledge Organiser

'Healthy Bodies, Healthy Minds'

"Loving God In All We Do."



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

During this topic the children will be building on what they have learnt about nutrition and keeping our bodies and mind healthy.

In our Science lessons we will be identifying and classifying different foods and researching the different effect food has on our bodies.

What we already know...

- Exercise makes you healthy.
- You need to eat 5 pieces of fruit and vegetables a day.
- You need to drink water to help your brain work.
- You need to sleep so you can feel fresh in the morning.

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

That animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food, they get their food from what they eat.

That humans and some other animals have a skeleton and muscles for support, movement and protection.

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

Research

- Researching using secondary sources, including recipes and fitness guides.

Vocabulary

Science

muscles, skeleton, nutrition, diet, animals, support, movement, protection.

History

Life, Olympics, past, current, chronological, significant individual.

Music

Create, compose, evaluate, rhythm, melody, tempo.

Art

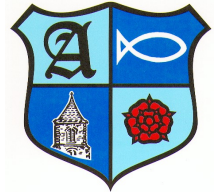
Evaluate, describe, explain, media, development

Cooking and Nutrition

Produce, design, cut, chop, utensils.



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Wider curriculum learning

PE—Athletics

French—Basic conversation and instructions

Art—Olympic Posters

We are going to read

Ready, Steady, Mo! - Mo Farah and Kes Grey

Wilma Unlimited—Kathleen Krull

In collaborative learning this half-term we are going to

We will be designing and making a healthy smoothie.

Let's try this at home

Pay a visit to a park or play area you haven't been to before.

Research a healthy recipe for you and your family to cook together. Try to use ingredients that you haven't used before.

Try to find an activity that you and your whole family can take part in together which keeps your body moving for 30 minutes. Think about what happens to our bodies when we exercise?

Key dates for this half-term

PE Day— Thursday (children to come into school in their PE kit, no need to change in school.)

Homework—to be given out on a Friday and to be returned no later than the following Wednesday unless stated.

Spelling Test—every Friday with new spellings given on Monday.

Times Tables—handed out on a Monday with the test on a Friday.

Half Term holiday—Monday 26th October to Friday 30th October