

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 Year 2.

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 to stay healthy.
- You need to drink water to help your brain work.
- You need to sleep so you can feel alert.



By the end of the topic we will know ...

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 ...

Research

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

Vocabulary

Science

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

History

Life, news, past, Queen, jubilee current, chronological, significant, decades.

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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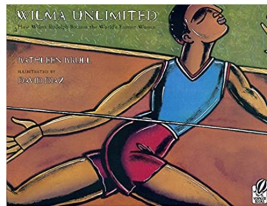


Wider curriculum learning

During PE this half term our focus on Thursdays will be gymnastics and athletics. We will also be participating in a 6 week Yoga programme led by an instructor from West Lancs Sports Partnership. Now the children are in Year 3 they will be starting to learn French, in the initial stages greetings and introductions. We will also be getting creative in Art focusing on the bright food Pop Art inspired by Roy Lichtenstein.

We are going to read

Wilma Unlimited—Kathleen Krull



In collaborative learning this half-term we are going to

We will be designing and making an alternative healthy flapjack.

Create our own keep fit video which can be used at home and in school.

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 and Friday (just for this half term.) Children to come into school in their PE kit. Friday will be a Yoga session for the children led by a West Lancashire Sports Coach.

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.

Half Term holiday—Monday 25th October to Friday 29th October

Return to school on Monday 1st November.