



St. Anne's Catholic Primary School

Year 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).

Prior learning

Science: We know that not having a healthy lifestyle can affect your mental health and that exercise is important to keep your body fit.

Not eating enough fruit and vegetables can lead to diseases and that a healthy diet needs to be varied.

Healthy bodies and a healthy mind are closely linked

Our current learning

- 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

RE

Unconditional, prodigal, parable, mercy, forgiveness, Rosh Hasanah, Teshuvah, Yom Kippur, Shofar, forgiveness, confession, responsibility, fasting, sins, repentance, mikveh

Computing/PSHE

Online, safety, responsibility, stereotypes, bullying, consequences

Design Technology

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

Music

Pitch, texture, dynamics, layers, instrument, vocal, crescendo, diminuendo

Science

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.



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RE—Creation and Covenant

In RE children will explore the idea of unconditional love during our topic of 'Loving'. During our 'Other Faiths' week pupils will look at Judaism and the Jewish festival of Rosh Hashanah.

Wider curriculum learning

In PE pupils will aim to increase their stamina and improve their athletic ability. They will also explore the skills needed to successfully partake in net and wall games.

During French lessons children will read carefully and show understanding of words, phrases and simple writing associated with food.

In Music they will appraise contrasting music, focusing specifically on dynamics, texture and pitch.

In Computing children will learn how to stay safe online and understand how their own online behaviour can have consequences.

We are going to read a range of texts from

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).

Key dates for this half-term

INSET Days— Friday, 2nd September and Friday, 24 October

Term dates—Tuesday 2nd September—Thursday 23rd October

PE Days—Tuesday and Friday

Homework—Sent out on Friday, to be completed by Wednesday (Century)

Welcome Mass—12th September

Harvest Mass— Friday 6th October