

Winter Class
Cycle A

Spring 2
2023

Fit4Life

junior parkrun

Rational: As part of the Government's Change 4 Life programme, children will focus on importance of health and fitness for life to help them attain their goals. They will study the importance of diet, exercise and healthy lifestyles through science and PSHE (Personal, Social, Health, Emotional learning) and design a fitness regime in PE. Children will look at respect for themselves as a Christian value.

Hook: take part in a Joe Wicks exercise routine

Science: Study and investigate the role of the heart and lungs in health and fitness

- Investigate and rank different forms of exercise by their effect on the human body
- Explore the function of blood and the circulatory system.
- Investigate the values of different foods and what makes a balanced diet
- Use and understand the term RDA

English:

- Study, recognise and use the language and layout of discussion documents and balanced arguments
- Research both sides of the case then write a document to discuss children and junk food
- Discover the language and layout of formal letters from a variety of sources.
- Use this structure to write letters to various people and organisations.
- Study the language of newspaper reports and apply this to writing an article

PE: Netball: Learn the basic principles of passing and receiving a ball.

Aerobics: learn different moves and regimes which exercise all parts of the body.

Devise a fitness regime which will appeal to KS2 children.

ICT Multimedia: Children will learn to use iPads to research information, film and edit their own fitness regime.

Toolbox Skills: To collaborate with a partner. To persevere and communicate important information about health and fitness to an audience. Reflect on what makes a healthy lifestyle.

PSHE: children research and discuss issues such as drugs, alcohol and tobacco to discover social aspects and affects on human body.

Outcome: view our fitness videos on Thursday 30th March at 9am

Study and investigate the role of the heart and lungs in health and fitness

Study the language of newspaper reports

Use iPads to film their own fitness regime

Review online fitness regimes from trainers such as Joe Wicks

Discover the importance of a healthy and balanced diet

Use P4C to discuss and explore social issues such as drugs, alcohol and tobacco

Explore the function of blood and the circulatory system.

Understand RDA for foods and food labelling

Study the language and layout of discussion documents and balanced arguments

Devise a fitness regime which will appeal to KS2 children.

Write formal letters

Aerobics: learn different moves and regimes which exercise all parts of the body.

Fit4Life

Discover the language and layout of formal letters

Design and carry out an investigation on the effect of different forms of exercise on the human body

Comment on the effects of different forms of exercise on the body

Research and discuss issues such as drugs, alcohol and tobacco to discover social aspects and effects on human body.

Toolbox skills:
Reflect: on how we can keep ourselves fit and healthy
Perseverance: carrying out fitness regimes

Research both sides of the case then write a discussion document on children and junk food

Outcome: view and try out our fitness videos online at the end of term.