

Spring Year 3 – Healthy Heroes

Herne Junior School
2020-2021

Description/Theme Intent:

Children will gain a greater understanding of the importance of good mental and physical health and how to live a healthy lifestyle. Taught through science, the children will investigate what makes a healthy balanced diet and why this is necessary for them. They will also investigate what important structure lies under their skin as well as looking at their muscles.

Curriculum Hook:

Cookie Monster, who has become very unhealthy, will be meeting the children and discussing areas of his lifestyle. The children will be challenged with researching and designing a regime for Cookie to follow in order to improve his lifestyle. They will learn that he needs to change his eating, exercise and sleeping habits. They will do this by comparing and evaluating their own lifestyles to Cookie Monster's and the guidance by health officials and government. Maybe it won't just be Cookie Monster who makes a change!

Quality Text / Whole Class Reader:

- Lunchbox: The Story of Your Food by Christine Butterworth.
- Peas by Andrew Cullen.
- Vegetable Glue by Susan Chandler

Links to being a British and Global Citizen:

- Understanding the importance of mental health and how to help others.
- Knowing the signs of mental health problems and seeking help.
- Taking care of your friends and family.

Links to SMSC, RRR and HARMONY:

Surrounding yourself with positivity, friendship and love is an important part of maintaining a healthy lifestyle. By doing so, you are not only ensuring your own well-being, but by returning it, you are ensuring that of others too.

Life Long Learning Skills: (Problem Solving, Creativity, Resilience, Independence and Collaboration)

Children will learn through practise and play about how fun exercise can be and understand its importance to living a full, healthy life. Through enjoyment and motivation, children will be able become independent in making the right choices regarding what they eat, the exercise they do and taking care of themselves.

Outcome/Impact:

The children will undertake a pasta salad tasting afternoon where they invite their parents to come in and taste their healthy pasta salads. Parents will then be asked to evaluate their child's product in terms of its effectiveness. The children will create their own SUPERHEROES OF HEALTH and become these heroes on Healthy Hero day where they will undertake important missions of healthiness!

As readers, writers and performers, we will:

Study the book Matilda, by Roald Dahl, and unpick the text using VIPERS. This will allow us to develop our decoding and comprehension skills. We will be given the opportunity to read out loud, focussing on intonation, fluency, noting punctuation and expression. As well as this, we will unpick language features and literary techniques used by the author, discuss the effects they have on the reader and attempt to apply these skills in our own writing. Within our writing units, we will write our own instructions on how Matilda could implement a healthy lifestyle for her family; progressing to writing an independent set of instructions to make a healthy lunchbox or snack. They also write character descriptions from Matilda, focussing on noun phrases and CAP openers; identify and apply literary techniques and read and write a range of poems.

As mathematicians, we will:

- Study geometry (with a focus on lines and angles), including turning questions and direction questions.
- Continue our studies in measurement, including length and perimeter problems.
- Focus in on number, with a particular focus on fractions, including; what are fractions? part/whole; writing fractions; fractions of shapes; adding fractions with same denominator; ordering; simple equivalents, finding fractions of set objects and tenths.

As scientists, we will:

- look at the different food groups, how to create a healthy balanced diet and suggest to Cookie Monster how he can change his eating habits using their new knowledge.
- be introduced to 'Fred' a Herne Legend and learn about the important job which the skeleton has.
- We will also meet 'Bob' who will teach us all about the fantastic structure which lies under their own amazing skin, as well as looking at our marvellous muscles and their importance in working with our skeleton.
- be comparing animal and human skeletons, and looking at the different features which allow the animals to move in their different ways.
- Identify and categorise nutrition for animals.
- Begin to understand the positive effect exercise has on our bodies.

As geographers, we will:

- Explore how the local environment can be a powerful tool in supporting out physical and mental health.

Celebrating our local community:

From the Butser Hill challenge, School Sport competitions, local play parks, clubs and outdoor spaces, visits to supermarkets and spending time with friends, the children will learn to utilise the things they have around them to support them in leading a healthy lifestyle.