

Curriculum Overview and Homework Activities




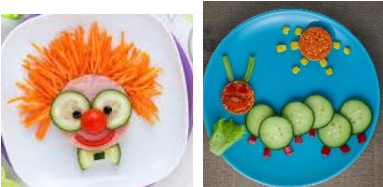
Healthy Me

This half term, we will be diving into the fascinating topic of "Healthy Me," focusing on the human digestive system! Through exciting activities and hands-on investigations, students will explore how our bodies digest food and gain the nutrients we need to stay healthy. Together, we will learn about the journey of food through the digestive system, discovering the roles of key organs such as the mouth, stomach, intestines, and more. We will also examine the structure of the human tooth. This knowledge will link to our English unit, where we will write a fictional narrative about a piece of food and its journey through the digestive tract and a newspaper article about the discovery of new foods. In Art, we will be focussing on portraits, where we will learn to sketch in different shades, using a range of techniques. In Geography, we will be learning about the distribution of natural resources including food and where they come from. In Maths, we will focus on multiplication, division, fractions, mass and capacity, decimals and length and perimeter. In PSHE, we will be discussing what it means to belong to a community and how it makes us feel. As Computer Scientists, we will be creating presentations on Google Slides and creating our own videos using Adobe Spark. We are so excited for this new half-term of learning!

Reading every night is the most important thing you do to support your child with their learning.

There are weekly spellings to learn as well as TROCKSTARS and times tables practice. We also set weekly math's homework— a sheet will be stuck in the homework book ready to complete. These MUST be completed before attempting any of the homework tasks below.

The additional tasks below are optional.

<p>Create an exercise diary. Keep a simple exercise diary for one week, recording activities you do each day and how it makes you feel.</p>	<p>Create a portrait of a family member. Remember, a portrait is a sketch of their face. It can be a side-profile or an up-close sketch of their face.</p> 	<p>Write a diary entry of food passing through the digestive tract. You can make this funny and interesting! Use all of the knowledge you have learnt so far. To do this, you must imagine you are the piece of food.</p>	<p>Draw a picture of a healthy plate vs a non-healthy plate.</p> <p>If you don't want to draw it, you can turn it into a physical craft to bring in!</p>
<p>Imagine you have just discovered a new type of food! What is it called? How does it look? What are the benefits of this new food? How do you eat it? Describe this new discovery of yours and draw a picture of it.</p>	<p>Design a creative and healthy plate of food and take a photo of it. You can also draw it or bring the photo in.</p> 	<p>Heart Rate Investigation - Measure your pulse by holding your wrist or neck. Count how many beats you feel in 1 minute. Next, do a physical activity (ie: 30 jumping jacks) and take your pulse again. How many beats is it now in 1 minute? Compare the difference!</p>	<p>Design packaging for your new food - can you create a prototype</p>