



Healthy Heroes

KS1 Spring Term 1 2020

Topic Overview

This half term the children will become Healthy Heroes as we find out all about our bodies, what we need to survive and how we can stay fit and healthy through eating a balanced diet and undertaking exercise. We will enjoy learning about healthy foods and will have the opportunity to taste some, as well as make a healthy dish of our very own! We will enjoy reading the Supertato series of books by Sue Hendra and Paul Linnet and will use our wonderful imagination to create Veggie Superheroes and write our own stories about them. In History, we will look at how we grow and change and will create a timeline of our important life events.





Subject Focus

Science
Design Technology

Programmes of Study

English	<p>We will cover the following genres of writing within our learning experiences this half-term:</p> <ul style="list-style-type: none"> • Character description • Adventure story • Recipe • Autobiography/biography • Advertisement for a healthy dish <p>Grammar focus:</p> <ul style="list-style-type: none"> • Sentence punctuation: exclamation mark, question mark and commas in a list • Suffixes (a group of letters added to a root word e.g. ly, ing, ed)
Maths	<ul style="list-style-type: none"> • Number and Place Value • Addition and Subtraction • Y2 Shape, Statistics, Division
History	<ul style="list-style-type: none"> • Understand and use the words 'past' and 'present' • Sequence photographs from different periods of own life. • Understand how to put people and events in order of when they happened, using a scale the teacher has given me. • Recount changes in my own life over time. • Sequence artefacts closer together in time.
Design Technology	<ul style="list-style-type: none"> • Identify healthy and unhealthy foods and know where food comes from. • Know about food hygiene. • Plan a dish based on a healthy and varied diet. • Cut, peel and grate ingredients safely to prepare a healthy dish.
Science	<ul style="list-style-type: none"> • Name and label the basic parts of the human body. • Say which part of the body is associated to which sense and use senses to compare sounds, textures and smells. • Understand the human life cycle. • Know basic survival needs of humans. • Understand the importance of personal hygiene.
Music	<ul style="list-style-type: none"> • 'Myself' Music (songs and percussion surrounding the topic 'Myself') – This term our music is taught by Music Hub.
PE	<ul style="list-style-type: none"> • Introduction to Basketball. • Introduction to Badminton.
Computing	<ul style="list-style-type: none"> • Computer Programming on Scratch Junior.

	<ul style="list-style-type: none"> • Program a character to shrink, move at different speeds and distances, follow and repeat instructions.
PSHE	<ul style="list-style-type: none"> • British Values: -Individual Liberty -Mutual Respect, Tolerance and Diversity.
Spirituality	<ul style="list-style-type: none"> • How and why do we celebrate New Year? • How do other faiths celebrate New Year? • Reflect on own feelings about New Year.

Curriculum Enrichment 	Home Learning 
<p>School Nurse visit to talk to the children about staying healthy and personal hygiene.</p> <p>Sense Exploring session – children will spend time exploring their senses through smelling different odours, tasting flavours, playing a seeing/hearing game and feeling bag task.</p> <p>We are very excited to be able to teach the children to work with food and utensils to make a fruit dish this half term! (Please update your child’s class teacher if there are any new allergies – notes will be sent out in advance of food tasting/preparation)</p> <p>Children will be invited to read their SuperVeggie stories to Baby Bird Class.</p>	<p>Reading – read with your child at least four times a week and sign their reading record. This is so important! We are awarding children with dojos for meeting this expectation every week. Regular reading can make such a huge difference to your child’s confidence in reading, progress in reading and attainment <u>across the curriculum</u>. If you only have time for one thing at home, make it reading. Please let teachers know if your child is reluctant to read at home and we can help!</p> <p>Mental maths – number facts will be sent home for children to learn. These number facts will be based on what your child needs to learn to support their fluency in mathematic tasks. Please help your child to learn these number facts by heart. You could do this by playing games with the number facts at home, regularly practising with your child, playing online games, displaying the number facts around the home etc.</p>
Reminders 	What else can you do at home?
<p>PE kits must remain in school all week.</p> <p>Reading Records and Individual reading books must come back into school every day.</p> <p>Goldfinch Class now visit the library on a Monday afternoon.</p>	<p>We would like to invite you to become a healthy hero too! Find some new healthy recipes to try at home and invite your child to help you prepare and cook the balanced dish. We would love to see photographs if you choose to do this!</p>
Diary Dates 	
<p>Monday 20th September – Reading Workshop for all parents Friday 14th February – School Closes for Half Term Break Tuesday 24th, Wednesday 25th, Thursday 26th March – Parent’s Evening</p>	