In science:

The children will be learning about the five food groups, balanced healthy diets and the importance of hydration. We will also be looking at the effect of sleep and exercise on our fitness.

A video message arrives from Spock, an alien from outer space. She is thinking about moving to planet Earth. She wants to know if humans can live on food alone and how to be healthy. Can you research, plan and write a healthy living book for Spock and her alien friends to help promote the importance of exercise, balanced diet, hygiene and sleep here on Earth?

Project Vocabulary

Please ensure your child learns these to encourage them to use them correctly in school.
Quiz 23.11.18

sugar   break   steak
Mr   Mrs bath path
father   illness   fitness

In English:

The children will be looking at different sentence types including commands, questions and writing instructions. The children will also have the opportunity to write different narratives, such as, story and letter writing.

Learning Value: **Independence**

- Make informed choices and wise decisions accepting responsibility for their actions.
- Organise their work space, plan aspects of their own learning and work to deadlines.
- Set their own challenging goals and have an ambition to achieve these keeping themselves focused and on track.

Key information:

Home learning due — 23.11.18
Project spelling quiz – 23.11.18

In PSHE:

The children will be setting goals on how to be healthy and creating their own healthy log book. The children will discuss the concept of moderation and make decisions about the foods that are most nutritious for the body.

Please see the attached Home Learning that has been written and explained to your child. We really value the support you show to your child with their home learning in order for them to consolidate their independence and thinking skills. The Home Learning will be acknowledged in class where each child will be given the opportunity to present their work.