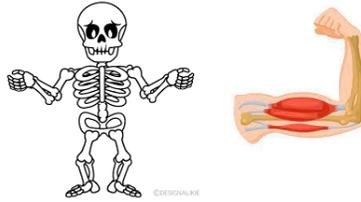


**Fit and Fab**



6 weeks

**Rationale/Intent**

After too much food, too little sleep and no activity the teachers are needing to get fit and healthy and to demonstrate good body care to all of Year 3. Children will investigate an appropriate diet, how to keep their teeth healthy and what they need to eat to strengthen muscles and bones. They will be working to create a healthy seasonal rice salad alongside an exercise regime created to strengthen muscles and improve posture. Together the children will create a workshop to coach their parents in to adopting the good practices that they have devised. Throughout this project, the children will display the ASCENT values of nurture and community, by focusing on looking after their bodies and helping the Hill View Community to get fit. This will link closely to the British values of Democracy and Individual Liberty.

**Hook**

The teachers of Year 3 are caught trying to eat cake at the back of assembly! After being told off by the Head Teacher, the children are tasked in helping their teacher to become healthier and fitter.

**Outcome**

Parents will be invited in to complete a short exercise regime followed by a tasting session of their child's balanced rice salad.

**English**

**Link text: Kay's Anatomy/ Until I Met Dudley**

Link and model texts and extracts are used as 'What a good one looks like' to teach from and are used to enable children in the writing process, using **Talk for Writing**, to successfully achieve the main writing outcomes for the project.

**Main writing outcomes:**

**Non-Fiction**

The Children will read a short section from Until I Met Dudley, which will inspire their recipe/instructional writing for their healthy rice salads.

**Fiction**

Children will be writing their own short stories based on their learning of fitness and healthy eating.

**Writing skills to cover**

Structure of organisational/language features for recipe writing  
Paragraphing

**Punctuation and Grammar**

Commas used correctly in lists and sometimes correctly to mark boundaries within sentences (e.g. following a fronted adverbial).  
Fronted adverbials to vary sentences.  
Conjunctions used in a variety of different ways.

**Free writes**

These are used to re-visit previous learning and offer a range of opportunities and genres to apply previously taught skills.

## Science

Children learn about nutrition, muscles and skeletons.

### Learning Intentions / National Curriculum Links:

To identify and investigate the different food groups.

To explore nutrition and what that means to humans

•NC - Identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat

• NC - Identify that humans and some other animals have skeletons and muscles for support, protection and movement

To explore the different types of teeth and their functions

To explain why it is important to look after your teeth

To know the different types of skeletons

To explore the human skeleton and its function

To understand how muscles help us to move

## D&T

Children will create their own seasonal rice salad.

### Learning Intentions / National Curriculum Links:

To research a range of rice salads

To design a salad considering seasonal ingredients

#### DESIGN

• NC - Develop own design criteria highlighting the purpose and audience for the product

•Generate, discuss and share ideas as a whole class

•Produce a design to communicate ideas

To prepare and cook a seasonal rice salad

To taste and evaluate my rice salad

#### COOKING AND NUTRITION

• NC - Understand and apply the principles of a healthy and varied diet

• prepare and cook a variety of predominantly savory dishes using a range of cooking techniques

• understand seasonality and know which products are available when

### Visits and Visitors

Parents will be invited in to complete an exercise circuit and taste the salads.

### Cultural Capital

### Home Learning

Children will be challenged to keep a healthiness diary including nutrition, exercise and sleep habits.