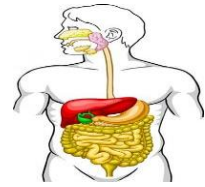


Inside out!



4 weeks

Rationale

After the excessive of 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 three. Children will investigate an appropriate diet to aid good digestion, how to keep their teeth healthy and what they need to eat to strength muscle and bone. They will communicate their ideas through producing a guide to brushing their teeth, a story which explains how the digestive system works. A programme will be complete without an exercise regime a series of mini routines are created to strength 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.

Hook

The teachers return to school after Christmas suffering the excesses of sugar, cake and too much inactivity. All are feeling under the weather. Mrs Jones is at her wits end as she needs the teachers to be healthy role models for the children. The teachers need to be have strength and stamina for teaching year 3. She demands that they put together active hands on workshop to demonstrate what needs be done to be the perfect picture of health.

Outcome

An exciting and active 'How to care for your body workshop'. Parents learn how to clean their teeth and which toothpaste keeps teeth cleanest. Children will invite parents to participate in a fitness regime aimed to help maintain muscle strengthen and healthy bones. Along with some tips on which foods are best for growth and repair and a healthy digestive system.

Collaboration

- Actively listen to the views of others and value everyone's contributions.
- Reach agreements through negotiation and compromise, and resolve any difficulties amicably.
- Take on a specified role in a team, accepting delegated tasks and working towards achieving a common goal.

Thinking

- Process a variety of information using a range of organising tools.
- Pose and follow lines of enquiry through raising relevant questions and planning actions to undertake research and find solutions.

Science

Recap on children's knowledge of healthy diet learnt in Year Two. Identify which food the body uses to maintain muscles and strong bones. Record as a graphical organizer. Systematically record and evaluate their own fitness progress over a four week period by measuring their heartbeat, recovery time and the number of repetitions of each activity. Provide the children with a piece of bread to chew. What do people use their mouth, tongue and teeth for? They chew food and add saliva, turning it into a pulp (bolus) so it can be swallowed. What would happen if we didn't have teeth, tongue and mouth?

English

Main writing tasks

Write a short narrative, to reflect their scientific understanding of the digestive system e.g.: about a slice of cheesecake and its adventure through the human digestive system. The story should mention the mouth, oesophagus (being dissolved in acid), stomach and both intestines.

Write a scientific report explaining why humans need skeletons and how muscles work to support movement. To be organized using headings and sub headings.

Other writing tasks

Write a guide, which include sentences

PE

Learn about how exercise affects the body, improves health and well-being.

The importance of warming up and preparing for exercise and cooling down afterwards.

In teams children create a fitness regime that improves their strength and stamina focusing on exercising the heart and lungs, brain and muscles.

Refine and evaluate routine in preparation for the outcome focusing on exercising safely

Draw a diagram of the mouth labelling the different teeth and their role in eating.

Draw a cross sectional diagram of a tooth and label to be used at the parents workshop.

Design a fair test to identify which toothpaste is the most effective in removing stains. Children need to demonstrate the investigating at the workshop.

Label the digestive system and understand the functions of each part to use when creating their story.

Sort images of humans and other animals into those with skeletons and those without.

Investigate the role of muscles and how they work in pairs to move the human body.

with more than one clause and are joined by conjunctions on how to clean your teeth.

Create a glossary for the teeth and digestive system using a dictionary and thesaurus to define scientific vocabulary.

Create an invitation which explains the purpose of the workshop and benefits. Children will use conjunctions of time and cause.

Writing skills to cover

Structure/language features of an information text

Organisational features of an non-narrative text

Spelling, Punctuation and Grammar

Common exception words 3 and 4

Revise homophones

Spellings containing 'super'

Prefix 'sub'

In narrative create settings, characters and plot.

Begin to use fronted adverbials to vary sentences.

In non-narrative, use a range of organisational devices e.g. sub headings.

Talk 4 Writing strategies

Boxing up

Imitate, innovate, invent

Text mapping

Tool Kit

(bending knees, straight back).

Assess their progress weekly and celebrate their personal progress at the end of the period.

DT

Understand, design and create healthy, nutritional smoothies

PSHE

Unit of study - Healthy me

Home Learning

Create your own personal fact file with a number of resources which explain how you maintain your own health and fitness.