


 <p>Ambitious, capable learners who.....</p> <ul style="list-style-type: none"> • Question and enjoy problem solving • Undertake research • Have the skills to connect and apply the skills learned in other contexts. • Can explain the concepts and ideas that they are learning about. • Can understand how to interpret data and apply mathematical concepts. • Use ICT creatively to communicate, interpret and find out information. • Can communicate in English and Welsh. • Can undertake research and evaluate critically what they find. <p>.....so that they are ready to learn throughout their lives.</p>	 <p>Enterprising, creative Contributors who....</p> <ul style="list-style-type: none"> • Think creatively to reframe and solve problems. • Identify and grasp opportunities. • Lead and play different roles in teams effectively and responsibly. • Express ideas and emotions through different types of media. • Give of their skills and energy so that other people will benefit. <p>.....so that they are ready to play a full part in life and work.</p>	 <p>Ethically informed citizens who.....</p> <ul style="list-style-type: none"> • Find, evaluate and use evidence in informing views. • Engage in contemporary issues based upon their knowledge and values • Understand and exercise their human rights and responsibilities. • Understand and consider the impact of their actions when making choices. • Are knowledgeable about their culture, community, society and the world – now and in the past. • Respect the needs and rights of others as a member of a diverse society. • Show their commitment to the sustainability of the planet. <p>.....so that they are ready to be citizens of Wales and the World.</p>	 <p>Healthy confident individuals who.....</p> <ul style="list-style-type: none"> • Have secure values an establishing their spiritual and ethical beliefs. • Are building their mental and emotional well-being by developing confidence, empathy and resilience. • Apply knowledge about the impact of diet and exercise on their physical and mental health. • Know how to find the information to keep safe and well. • Take part in physical activity. • Take measured decisions about lifestyle and managing risk. • Have the confidence to participate in performance. • Form positive relationships based on trust and mutual respect. • Face and overcome challenge. • Have the skills to manage life independently. <p>.....so that they are ready to lead fulfilling lives as valued members of society.</p>
--	--	---	---

<p>WOW start: Taster sessions for different forms of exercise</p> <p style="text-align: center;">EXPRESSIVE ARTS (Music, Art, Drama, Dance, Film and Digital Media)</p> <ul style="list-style-type: none"> • Create fitness videos/ cooking programme/ video diaries • Investigate - How can music affect your mood? • Choir/ chanting prayer music • Create a rainbow of fruit and vegetables • Learn and perform action songs • Printing with fruit and vegetables • Observational drawing – fruit and vegetables • Fruit and Vegetable Art/ collage • Music lessons with Mr Thomas • Create a Fit and Fun rap • Create a jingle for healthy lifestyle • Role Play – Healthy Heroes/ dentists/ gymnasium/ personal trainers/ grocers/ healthy Tuck Shop • Artists – Arcimboldo (fruit self portraits), Jane Palmer (Welsh artist) • Taster sessions of different dance forms, including dance from different cultures e.g. contemporary, street, Bhangra, Welsh folk dance, interpretative dance • Investigate the Arts as a form of relaxation • Evaluate and recreate the work of artists (Sport Art) • Perform in a drama sketch about Healthy Heroes 	<p style="text-align: center;">HEALTH AND WELL-BEING (PSE, Learning to Learn, Relationships and Emotions, Healthy Choices, Physical Activity, Keeping Safe)</p> <ul style="list-style-type: none"> • Benefits of fresh air/ outdoors/ healthy living • Create indoor/ outdoor gyms/ exercise routines • Internet safety - cyberbullying • Road and beach safety • Growth mindset - Power of 'yet' • Cosmic Kids/ Go Noodle/ Supermovers/ Joe Wicks/ imoves • Self Esteem/Self confidence/self-regulation/ resilience/ perseverance/ independence/ interdependence • Hygiene • Self Care • To know that a healthy lifestyle can make you happy • Research Healthy Hobbies • Keep exercise and diet diaries • Making healthy choices including being relaxed, healthy eating and medicine safety • Fine Cutting/ slicing/ mashing/ dicing • Relaxation, mindfulness and meditative prayer • Create new Fit and Fun games • Group games – taking turns, healthy competition, self motivation (Personal Best) etc • Introduce a different sport each week – research and learn to play <p style="text-align: center;">TOPIC: FitFun Autumn Term 2020 Big Idea: Health Essential Question: How do we develop a healthy lifestyle? Challenge: Be Healthy!</p>	<p>CELEBRATION finish: Fit and Fun Festival</p> <p style="text-align: center;">SCIENCE and TECHNOLOGY</p> <ul style="list-style-type: none"> • Good and bad germs – Handwashing experiments/ Design a Covid Keep Safe poster or video • External body parts and major internal organs • Nutrition (food groups)/ balanced diet/ Growing food – gardening for pleasure and for healthy eating • Life cycles – humans/ plants • Basic needs for humans and animals • Investigation - How does exercise affect our bodies? • Teeth / Dental Hygiene – looking after our teeth • Research the importance of sleep and keep sleep diaries <p>Design Technology</p> <ul style="list-style-type: none"> • Design and make a face mask • Allotment design/ Design and make a container for planting • Design, make and evaluate a healthy meal/ smoothie/ fruit salad/ soups • Design a logo/label/ Advertisement for a piece of fruit or vegetable <p>DCF</p> <ul style="list-style-type: none"> • Create a still life fruit/ or vegetable picture using art package • Research aspects of theme using internet search engines • Compose and send emails from Hwb account • Use Seesaw to create and send video diaries • Design a Fit and Fun poster using Hwb • Identify the advantages and disadvantages of media devices – monitor time engaged with digital media • Online behaviour and cyberbullying • Create a Favourite Sport power point including text, image and video
--	---	---

<p style="text-align: center;">MATHS AND NUMERACY</p> <p>Numeracy</p> <ul style="list-style-type: none"> • Measuring – pulse rates, distance, height and weight/ ingredients (g/kg/l/ml) • Record fitness data collected in lists, tables, pictograms and bar graphs • Sorting and grouping foods– Venn diagrams • Collect, order and present data about favourite foods (DCF) • Extract information from simple tables and graphs (DCF) • Halves and quarters with food • Set up a price list for Healthy Tuck Shop • Gymnasium and spa – price lists • Shopping bills • Supermovers <p>Mathematics</p> <ul style="list-style-type: none"> • Number: Place Value • Number: Addition and Subtraction • Measurement: Money • Number: Multiplication and division 	<p style="text-align: center;">WELSH DIMENSION</p> <ul style="list-style-type: none"> • Welsh Sport Stars – write a factfile on your favourite Sport star • National sports – Rugby, football • What fruit and vegetables do we grow in Wales? – crop farmers • Welsh places to get physical and mental exercise <p style="text-align: center;">HUMANITIES (History, Geography, RE)</p> <p>Geography</p> <ul style="list-style-type: none"> • Foods around the world - Where do our fruit and vegetables come from? • Farm to Fork trail Book: How did that get in my lunchbox? • Different diets and forms of exercise from different countries and cultures <p>History</p> <ul style="list-style-type: none"> • Where and when did sports originate? • Hygiene and fitness through the ages <p>R.E. - Come and See</p> <ul style="list-style-type: none"> • Beginnings • Signs and Symbols • Preparations • Harvest – giving thanks to God • Spiritual Well-Being – The importance of prayer and meditation (both Eastern Meditation and Christian Meditation) • Hinduism – Yoga 	<p style="text-align: center;">LANGUAGE, LITERACY AND COMMUNICATION (English, Welsh and International Languages)</p> <ul style="list-style-type: none"> • Phonics – letters and sounds • Letter formation/ handwriting • Simple and compound sentences - Treehouse Tales • Healthy Menus • Healthy Recipes • Design healthy lifestyle poster • Fitness Journal • Instructions (including DCF Problem Solving and Modelling)– how to cross the road safely/ how to brush your teeth/ recipes • Reading instructions – recipes, rules of games • Factfile (digital) – Favourite sport/ sports personality • Interview Healthy Schools Coordinator/ a nutritionist/ a P.E. specialist • Sense poems – Fruit and vegetables • Design a promotional poster • Write healthy shopping lists • Create characters and story lines with the theme of Healthy Heroes in the forms of stories and comic strips • Listening – following instructions – brushing teeth, washing hands, recipes, guided meditation etc • Fiction examples: The Enormous Turnip, Eat your Peas, Oliver's Vegetables • Non Fiction examples – reference books on healthy eating and exercise, newspaper sports page, cookery books etc • Welsh language patterns for likes/ dislikes – fruit and vegetables/ favourite forms of exercise.
--	---	---