

# Keeping Healthy

## Historical, Geographical and Social Understanding

Pioneers of Medicine e.g. Marie Curie, Daniel Hale Williams, Marie Maynard Daly, NHS

## Mathematical Understanding

Using and applying knowledge of Capacity when making fruit smoothie and deciding on quantities.

Exploring ratio and proportion in relation to fruit ingredients.

Collecting data for breakfast bars and interpreting it into graphs

## Understanding the Arts

Fruit and vegetable faces in the style of Arcimboldo. Children create slow motion videos and paintings.

Keith Haring – hearts

Creating sketches and paintings of blood cells focussing on colour and shading.

## Scientific & Technological understanding

The circulatory system and the heart; the digestive system and stomach; the respiratory system and the lungs

Keeping healthy. Explore the need for a healthy varied diet, good nutrition and a diet that draws on different food groups.

Investigate, design and make a healthy breakfast bar.

## Understanding physical development, health & well being

Investigate the value of exercise and a balanced diet in relation to keeping our bodies healthy; Explore the effects of exercise on the human body.

Children creating a workout for a particular part of the body and teach the rest of class.

Drugs, Alcohol and Smoking and the effects on health.

Understanding different emotions and how to deal with them using the film 'Inside Out'.

## Understanding English, Communication & Language

Debate – should animals be used for transplants leading to a written balanced argument

Persuasive writing techniques: leaflet about Healthy Eating/ functions of the heart,

Instructions-writing recipes for smoothie making/ breakfast bar.

Newspaper report: 1st person to have animal transplant.

**Inspiration Day** - Planning research questions for creating a science exhibition, heart art and becoming scientist and discovering the inner workings of the heart.

**Outcome** – creating an informative exhibition about healthy body, healthy heart and healthy mind and presenting it to the museum curator.