



Summer Term 1

Topic Title: Healthy Hearts and Minds

History	Geography	Art	Design and Technology
		Art - Designing a scented comforter.	<p>Design, make and evaluate a scented comforter.</p> <p>Children will use sewing skills to make a scented comforter.</p> <p>Children will devise a healthy meal with a drink.</p> <p>Children will make a healthy meal with a drink.</p>

Key drivers of the curriculum

Aspirations	Global citizenship	Wellbeing
Healthy lifestyle and understanding of mental health.	Understanding and having empathy for others.	Healthy lifestyle, sleep, germs and healthy eating.

Core links through the curriculum.

Basic Skills

Real World Applications

English	Numeracy	Using Technology including Computer Science	Science
<p>Key texts</p> <p>A bag full of worries.</p> <p>Writing opportunities</p> <p>Evaluating comforter and healthy meal.</p> <p>Writing instructions to create healthy meal.</p> <p>Creating a healthy menu.</p> <p>Reading opportunities</p> <p>Reading recipes.</p> <p>Reading food labels.</p> <p>Reading literacy text above.</p> <p>Research of healthy bodies.</p> <p>Research sleep.</p>	<p>Weighing ingredients.</p> <p>Working out calories in a healthy meal.</p> <p>Ratio for cooking.</p> <p>Cooking timings.</p> <p>Measuring material.</p>	<p>Use of cooking equipment.</p> <p>Technology to take photos of and record an evaluation for our healthy food.</p>	<p>Understanding the need for a healthy balanced diet in relation to the human bodies demands.</p> <p>Food types.</p> <p>Understanding the mind and its need for sleep.</p> <p>Digestive System.</p> <p>Impact of exercise on</p>

			body and heart.
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Objectives	Activities
ICT:	
I can use a range of sources to gather research from.	Using google for research.
DT	
<p>I can use the ideas of experts and existing designs to help design my own product.</p> <p>I can create a detailed plan for my product and explain it.</p> <p>I can select materials and components suitable for a task.</p> <p>I can make accurate measurements to the nearest cm.</p> <p>I can apply the principles of a healthy diet to make a meal.</p> <p>I can choose the most appropriate joining technique to add a decoration to a piece of fabric</p> <p>I can use given sewing patterns or printing blocks to add detail to my designs.</p> <p>I can weigh ingredients to an appropriate level of accuracy.</p> <p>I can stir a heated pan.</p>	<p>Design and make and a evaluate a healthy meal.</p> <p>Design make and evaluate a scented comforter.</p>
ART	
I can use different shades and types of pencils.	Design a logo for a healthy food company.