



Summer Term 1

Topic: Healthy Hearts and Minds

Healthy hearts and minds	Jigsaw	Art	Design and Technology
<p>In this topic we will look at managing our emotions and building friendships. These areas of focus have been chosen based upon the individual assessed need of the pupils following their return to school due to the global pandemic.</p> <p>We will learn about Yoga and practise yoga techniques as a way in which to help our minds and bodies healthy.</p> <p>We will also learn about teamwork and play team games.</p> <p>We will focus on our emotions and learn techniques to manage some of our negative emotions.</p> <p>We will focus on the importance of friendship and how we can be a good friend.</p> <p>We will celebrate being together as a year group and enjoy a range of fun physical activities.</p>	<p>In this unit we will look at relationships. We will learn about the different types of families, identify ways to be a good friend, understand appropriate ways to greet our friends, know who can help me in our school community, recognise good qualities in people and friends, learn to appreciate someone who is special to us.</p>		

Key drivers of the curriculum

Aspirations	Global citizenship	Wellbeing
<p>Developing an understanding of keeping our mind and bodies healthy at the same time through the practice of Yoga.</p>	<p>To understand the importance of team work and how to work effectively within a team. Looking at good examples of team work from wider influences e.g. football, athletics</p>	<p>To understand the importance of a healthy lifestyle and the impact on both our mind and body. To understand how to appropriately manage our emotions.</p>

Core links through the curriculum.

Basic Skills

Real World Applications

English	Numeracy	Using Technology including Computer Science	Science
<p>Key texts The invisible string Freddie and the Fairy Zog The smartest giant in town The lion inside Kind The Koala who could The squirrels who squabbled Conker the chameleon</p>	<p>Collecting data about our friends (scavenger hunt)</p> <p>Measuring and recording the growth of class plants (through science)</p>		<p>Learning about plants, the needs of plants to grow and the impact plants have on ensuring we have a healthy heart (through healthy food choices) and a healthy mind (exploring the ways in which activities such as gardening can be a good coping strategy for dealing with negative emotions).</p>

<p>Writing opportunities Letter writing Magic medicine recipe Recipe for friendship</p>			
<p>Reading opportunities Reading/listening to the link texts above. Reading letters from characters Reading recipe examples. Reading rulers to check on plant growth.</p>			

Objectives	Activities
Jigsaw	
<p>I can identify the members of my family and understand that there are lots of different types of families.</p> <p>I can identify what being a good friend means to me.</p> <p>I know appropriate ways of physical contact to greet my friends and know which ways I prefer.</p> <p>I know who can help me in my school community.</p> <p>I can recognise my qualities as person and a friend.</p> <p>I can tell you why I appreciate someone who is special to me.</p>	<p>Who is in my family drawing.</p> <p>Qualities of a good friend sorting.</p> <p>How does it feel game. What is appropriate contact picture discussion.</p> <p>Role play - How and who could help me?</p> <p>I am incredible because..... writing activity.</p> <p>You are special to me because.... Labelling activity.</p>
PE	
<p>Communication: I can work and behave safely when working co-operatively with others I can work with friends to plan and share ideas</p> <p>Gymnastics: (Yoga link) I can copy and explores basic movements with some control and coordination. I can perform different body shapes</p> <p>Dance: (Yoga link) I can copy and explore basic movements and body patterns</p>	<p>The children will learn and play a range of team games to encourage them to work cooperatively with each other to reach a goal. The will develop communication skills to ensure the team work effectively.</p> <p>The children will learn a range of yoga poses and practise them alongside breathing techniques. They will follow an online yoga expert to complete a range of yoga activities.</p>
Healthy hearts & Minds	
<p>Healthy me: I can explain why I think my body is amazing and can identify a range of ways to keep it safe and healthy. I can give examples of when being healthy can help me feel happy.</p> <p>Relationships: I can explain why I have special relationships with some people and how these relationships help me feel safe and good about myself. I can also explain how my qualities help these relationships. I can give examples of behaviour in other people that I appreciate and behaviours that I don't like.</p>	<p>The children will discuss mindfulness and link this to understanding the importance of good mental health. They will practise a variety of yoga and breathing techniques. The will learn calming strategies to help manage negative emotions.</p> <p>The children will look at relationships and focus on friendships. They will find out about the qualities of a good friend and learn how to maintain positive friendships.</p>

