



## Autumn Term 1

### Topic Title: Healthy Hearts and Minds

History	Geography	Art	Design and Technology
			<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 (collage).</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><b>Key texts</b></p> <p>A bag full of worries Emotional menagerie Literacy &amp; Language (dilemma stories)</p> <p><b>Writing opportunities</b></p> <p>Evaluating comforter and healthy meal. Creating a healthy menu.</p> <p><b>Reading opportunities</b></p> <p>Reading recipes Reading food labels Reading literacy texts above Research of healthy bodies Research sleep Research germs</p>	<p>Working out calories in a healthy meal.</p> <p>Measuring material</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 demands of the human body.</p> <p>Food types.</p> <p>Understanding the mind and its need for sleep.</p> <p>Digestive System (linked to science).</p>

			Impact of exercise on body and heart (linked to PE).
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Objectives	Activities
<b>ICT:</b>	
I can use a range of sources to gather research from.	Using google for research. .
<b>DT</b>	
<p>I can with support measure and mark out to the nearest cm and millimetre.</p> <p>I can with growing independence, measure and mark out to the nearest cm and millimetre;</p> <p>I can with support cut, shape and score materials with some degree of accuracy.</p> <p>I can cut, shape and score materials with some degree of accuracy.</p> <p>I can assemble, join and combine material and components.</p> <p>I can assemble, join and combine material and components with some degree of accuracy.</p> <p>I can demonstrate how to measure, cut, shape and join fabric to make a simple product.</p> <p>I can demonstrate how to measure, cut, shape and join fabric with some accuracy to make a simple product.</p> <p>I can join textiles with an appropriate sewing technique.</p> <p>I can join textiles with an appropriate sewing technique with some accuracy.</p>	<p>Design, make and a evaluate a healthy meal OR Design make and evaluate a scented comforter.</p>