

Medium term planner – Healthy Heroes

Title and duration: Healthy Heroes; 12 weeks

Year group: Y3: Spring 1 & 2

Description/Intent Children will gain a greater understanding of the importance of good health and how to live a healthy lifestyle. Taught through science, the children will investigate what makes a healthy balanced diet and why this is necessary for them. They will also investigate what important structure lies under their skin as well as looking at their muscles.

Hook They will be introduced to the Cookie Monster who has become very unhealthy. The children will learn that he needs to change his eating habits and lifestyle. They will do this by comparing and evaluating their own ideal meal choices and lifestyle.

Science

Children will look at the different food groups, how to create a healthy balanced diet and suggest to Cookie Monster how he can change his eating habits using their new knowledge.

Children will then be introduced to 'Fred' and learn about the fantastic structure which lies under their skin. They will also be looking at the important jobs which the skeleton has. They will also meet 'Bob' who will teach them all about their muscles and their importance in working with their skeleton. The children will also be comparing animal and human skeletons, and looking at the different features which allow the animals to move in their different ways.

New media

Children will be introduced to PowerPoint where they can use some of their skills to produce an informative presentation about how to become a 'Healthy Hero'.

Application subject: Maths

Children will collect and present information to analyse their diet and identify trends across their peer group.

Application subject: Art – Still Life

Children will be taught observational drawing techniques to observe a selection of fruit and recreate these using pastels as a medium. Children will also learn how to draw the human form using mannequins to help them with proportion.

DT – Healthy Yoghurt:

Children will taste test a selection of yogurts which are currently on sale in supermarkets. They will use this information to design, create and promote their own healthy, yummy yoghurt. This will include packaging and the yogurts U.S.P! The 'guinea pigs' for the tasting of the children's yogurts will be their own family! Look out for the invite.

English: Children will cover a number of different genres, including procedural text and poetry. They will plan, write, edit and present their written work. They will also be exposed to a number of skills units, where they will learn the appropriate SPaG objectives, in line with the new curriculum.

Instructions – Children will read and write a variety of procedural text, including instructions on how to make a healthy snack (which the children will get to eat!) The final outcome will be a set of instructions on how to create a 'healthy' superhero.

Performance Poetry – Children will be looking at Michael Rosen's poetry and how he creates word play poems. The children will then be creating their own using a mixture of non-fiction books.

Quality Texts:

- Lunchbox: The Story of Your Food – Christine Butterworth.
- Peas by Andrew Cullen.
- Vegetable Glue by Susan Chandler

Outcome The children will undertake a yoghurt tasting afternoon where they invite their parents to come in and taste their healthy yoghurts. Parents will then be asked to evaluate their child's yogurt in terms of its effectiveness. The children will create their own SUPERHEROES OF HEALTH and become these heroes on Healthy Hero day where they will undertake important missions of healthiness!

Potential links to local, national, international communities:

Children will take part in a healthy workshop delivered by A-Life. They will also visit Tesco supermarket to learn about portion control and healthy food choices through their 'Farm to Fork' programme.

RRR and Values Links: Article 24; Children have the right to good quality health care- safe drinking water, nutritious food, clean and safe environment and access to information. Article 17; Children have the right to access information important to their well being.