

Sparkling start Fitness test. (How do we become the best we can be?)	<p style="text-align: center;">Superhuman West Raynham Primary School – Medium Term Planning Spring Term 1 2015 Year</p>		Fabulous Finish Guide to being Superhuman.
Big Ideas	<p>As Readers we will be reading non-fiction texts, food poems, recipes, health and exercise leaflets/booklets.</p> <p>As Writers we will be keeping a food and exercise diary; produce healthy menus; instructions on how to make healthy snacks; lists; report on the human body using features of non-fiction texts.</p> <p>As Mathematicians we will record data using time for pulse; data handling for popular foods; measuring ingredients for a healthy meal; stopwatches for distances run.</p> <p>As Geographers we will explore where our food comes from (from Farm to fork); investigate human and physical features (of farms etc)</p> <p>As Scientists, we will be exploring the function of food in our bodies – looking at food groups and how each group effects our health, weight and fitness levels. We will learn about the parts of our own bodies and look at the stages of life that humans go through from babies through to being elderly.</p> <p>In RE we will explore the big question: Why is Pesach important to Jews? When do you share special meals with your family and why?</p>		<p>As Historians we will research how diet and exercise has changed over the years.</p> <p>As Artists we will draw our favourite healthy food (still life drawings); draw and label important parts of the body; design an information poster about how to look after ourselves.</p> <p>As Designers we will design and make healthy meals.</p> <p>As Linguists we will use French vocab for parts of the body; numbers.</p> <p>As Sports stars we will investigate how the body reacts to exercise; take part in physical keep fit activities.</p> <p>In PSHE we will consider how we can look after ourselves and each other.</p>
Further Opportunities	Readers	Daily reading sessions/guided reading sessions using non-fiction books related to enquiry. Food magazines, menus, recipes.	
	Writers	Daily handwriting practise. Write menus, instructions for healthy plate; food and exercise diary; instructions for keep fit exercises.	
	Communication	Partner discussion, teamwork, taking turns and listening, sharing ideas and giving opinions.	
	Mathematician	Separate plans.	

	<p>We will develop and understanding of the human body and what it needs to keep healthy; where we get our food and how it is produced; how food and exercise has changed through history.</p>	<p>We will think about how we can keep fit and live a healthy lifestyle. To be a healthy adult and teach our children how to lead a healthy life too.</p>	<p>We will visit our local gym to see fitness in action and speak to a fitness expert; to visit a working farm to learn how food is produced. Invite health visitor into school and possible sports heroes to talk about their aspirations and what they needed to do to achieve their goals.</p>
<p>Learning Attitudes</p>	<p>We will demonstrate our five learning behaviours.</p>		