

Title: Keep on Pumping

YEAR: 2021 TERM: Autumn 1
YEAR GROUP: 6

Rationale:

It seems the staff across Park Gate are all thinking about health and fitness. They have a bundle of different questions and need Year 6 to help them out with their queries! How do I get healthy? How do I stay healthy? How do I get fit? I'm not very good at running, what can I do? Does it matter if I don't make healthy choices? What advantages would I see if I did make good healthy decisions? And so on and so on! Year 6... you're going to be busy, because these questions are just the tip of the question iceberg!

Lead Subject: SCIENCE

During this project, the children will become experts in the circulatory system: the heart, the blood vessels and the blood itself. They will be exploring how diet affects the circulatory system and how a balanced diet may help contribute to longevity. Through scientific enquiry, the children will find out if all hearts beat the same and will collect data to explore the effect of different factors on heart rate. They can then tell the teachers in a 'Healthy Living' magazine how to look after themselves now and for the future!

Lead Subject: ENGLISH

The children will be producing a 'Healthy living' magazine to give to the teachers. They will write an explanatory text to explain how the heart works. Also, the children will be writing a persuasive piece to the teachers who might not want to make healthy choices. They will persuasively present evidence of the effect of diet on heart health. We will also be reading 'Pig Heart Boy' by Malorie Blackman in our guided reading.

Lead Subject: DT

In this project we will be exploring food technology. Using their knowledge of nutrition and the effects of food on the body (specifically the circulatory system), the children will design and make a healthy (but tasty) version of a pizza. They will make their own dough and sauce, as well as preparing their toppings.



Applied Subject: ICT

As part of their science and PE, children will collect data on heart rate. They will use Excel to input their data and create graphs.

School Values: ASPIRATION

We will be encouraging the children to have high expectations of their own health, applying the new knowledge they have about the need to have a healthy heart.

Applied Subject: PE

The children will be investigating heart rate and how different types of exercise influence how hard the heart has to work. They will invent their own cardio training circuit to get optimum gain in a 30 minute session.

Maths

In maths, we will be covering place value and the 4 rules in arithmetic as well as through problem solving. In addition to this we will be introducing decimal numbers and linking to fractions.

Outcome

Teachers in the school will be invited to our virtual 'Healthy Living' workshop and receive a complimentary magazine. This will help them understand the importance of healthy food and exercise choices and know why it is vital to keep our hearts healthy!

Home learning

The staff at Park Gate all have different dietary requirements. Can the children design a balanced menu plan for one of the teachers for a week's worth of healthy eating? PowerPoint, poster or booklet encouraged.

WEEKS: 6



RE: Peace in Islam

French: Le week-end

PE: Lacrosse

Music: Duration & Structure

PDL: Me and My Relationships