



The Valley Primary School
Class 1 Science MTP Autumn 1 2023-2024.
Healthy Me

Unit Overview:

In this topic, children explore the importance of exercise, diet and good hygiene.

STEAM (Science, technology, Engineering, Art, Maths)

Invite into class

Nurse – this could be a parent or someone from the local surgery to talk to children about, e.g. keeping healthy, and their job. Sports person or trainer to talk about keeping fit and healthy. A chef or nutrition expert to talk about healthy food choices.

Visit

Opticians to find out about eye and hearing tests. Local sports and fitness centre to work with a trainer on new activities. Local greengrocer or supermarket to look at and sample fruit and vegetables. A pizza restaurant to make nutritious pizza. Chemist to find out how to stop spreading germs.

Cross curricular links**Mathematics**

Classifying food. Weighing food. Shopping for food – handling weights and money. Counting for fitness. Amount of water children drink in a day. Pictographs. Bar graphs.

English

Instructions for keeping healthy, e.g. cleaning teeth, washing hands. Pictures and sentences, e.g. 'My favourite things'. Creating menus, e.g. for a picnic,

healthy lunch menu. Keeping a food and fitness diary. Writing a script for a video. Poetry, e.g. for cleaning teeth, washing hands etc. Give reasons for

opinions about whether some foods are healthier than others. Listen to and read work from others and ask questions, make positive suggestions. Read What

Makes You Cough, Sneeze, Burp, Hiccup, Blink, Yawn, Sweat, and Shiver? by Jean Stangl The Whooping Cough Germ that Became a Hero by Dr Richard G.

Macdonald.

Geography

Investigate playground games around the country. Design posters for keeping healthy. Make/use maps of places to visit locally for exercise, e.g. parks,

swimming pools.

Computing

Create a fitness or hygiene video. Watch and comment on hygiene videos created by other children. Photograph fitness poses. Use Paint and Draw programs

to create images of different foods. Discuss how technology affects us, e.g. watch TV, play a video game or play outside? Discuss online safety and safe use of

technology. Email link with another school doing the same topic.

Music

Make a playlist of 'music to keep fit to'. Make a playlist of music that makes you relax, happy. Play rhythms for skipping and working out.

Compose and perform rap style hygiene songs.

History

Research diseases from the past, e.g. plague. Learn songs and rhymes, e.g. 'Ring a Ring a Roses', and discuss their origins and meaning.

Others might include:

'Dr Foster went to Gloucester' and 'An Apple A Day Keeps the Doctor Away'. Art Draw or paint self-portraits with the theme 'healthy happy me'. Create seed

collages. Create fitness collages.

PE

Plan fitness routines. Practise exercising different parts of the body, and developing different skills. Create fitness routines. Create an outdoor fitness and

skills centre, with: Skipping ropes. Racing lanes. Skills area, e.g. bean bags and baskets. Hoops for hula hooping. Tyres for jumping in and out of. Balancing

items. Hopscotch. Play 'red light green light'. Play 'shadow tag' and 'freeze tag'.

Role Play Science laboratory Lab coats (white shirts). Goggles. Pictures of scientists. Pictures of people at work who are scientists. Digital microscope. Hand

lenses. Resources relating to sound, light, seeing things, taste, touch and smell. Welcome 'In the Zone' kit. Stethoscope. Easi-Scope™ digital microscope .

Pedometers.

PSED

Discuss topics: What makes me happy? How can I help myself to be safe and happy? How can I help my friends to be happy? How can keeping fit help me?

Being part of a community. Looking after each other. Understanding what makes us happy. How actions and words can affect how people feel.

● **ACTIVITY RESOURCES**

1.1: Healthy Me Certificate

1.2: How does it help?

ONLINE RESOURCES:

Teaching Slides (PowerPoint): Healthy Me

Interactive activity: Healthy Me

CPD video: Healthy Me Pupil video: Healthy Me

Word mat: Healthy Me

Editable Planning: Healthy Me

Topic Test: Healthy Me

Vocabulary

exercise: moving parts of the body to become stronger and healthier

healthy: feeling well and happy

hygiene: the things we do to keep our body clean and help stop the spread of germs

germ: tiny living things we cannot see with our eyes. They can live on our bodies, and can cause disease

Key words: calm / calves / cough / exercise / feed / fitness / food / fruit / germs / happiness / health / healthy / hygiene /hygienic / muscle / needs / sneeze / stomach / thighs / vegetables

Learning Sequence & Objectives	Working Scientifically Skills	Resources
<p>WHAT MAKES ME HAPPY?</p> <p>L.O. Find out about and describe the basic needs of animals, including humans, for survival (water, food and air)</p> <p>HOW DO WE LIKE TO KEEP FIT?</p> <p>L.O. Describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.</p>	<p>Use observations and ideas to suggest answers to questions.</p>	<p>PowerPoint Slides 5–8 are useful to support this set of activities.</p> <p>Keep fit materials provided by children PowerPoint Slides 9–10 are useful to use at this point. Interactive activity</p>
<p>HOW DOES EXERCISE HELP ME?</p> <p>L.O. Describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.</p>	<p>Gather and record data to help in answering questions.</p>	<p>Activity Resource 1.2 Materials e.g. balls, cones for a range of exercises</p>
<p>KEEPING FIT CHALLENGE</p> <p>L.O. Describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.</p>	<p>Gather and record data to help in answering questions.</p>	<p>Range of PE equipment for different activities</p>
<p>SAFE CYCLISTS</p> <p>L.O. Describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.</p> <p>DESIGN, MAKE AND TEST A HELMET</p> <p>L.O. Identify and compare the suitability of a variety of everyday materials, including wood, metal, plastic, glass, brick, rock, paper and</p>	<p>Observe closely, using simple equipment. Use their observations and ideas to suggest answers to questions.</p>	<p>Selection of different cycle helmets</p> <p>PowerPoint Slides 11–13 A range of found materials to make an egg-sized bike helmet, including plastic containers, metal, cardboard, soft and padded materials such as textiles and cotton wool.</p> <p>Selection of different foods for tasting</p>

<p>cardboard for particular uses. Perform simple tests.</p> <p>WHY DO WE NEED FOOD?</p> <p>L.O. Describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.</p>		
<p>SORTING FOODS</p> <p>L.O. Identify and classify. Describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.</p> <p>FAVOURITE SNACK</p> <p>L.O. Describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.</p>	<p>Gather and record data to help in answering questions.</p>	<p>Selection of foods, or pictures for sorting Sugar or sugar cubes</p> <p>PowerPoint Slide 14</p> <p>Photos or examples of favourite snacks Sticky notes</p>
<p>SWAPPING SNACKS</p> <p>L.O. Gathering and recording data to help in answering questions.</p>	<p>Describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.</p>	<p>PowerPoint Slides 15–18 A selection of snacks including healthy and less healthy Fruit and skewers for making fruit kebabs</p>