

## Our Learning Journey

- Determine what it means to live a healthy lifestyle and how to maintain a nutritious diet
- Explore the right to healthy food and water and compare and contrast to other countries
- Study the science behind health and nutrition
- Map the prevalence of disease and learn about the health challenges that exist in different regions
- Research the importance of exercise and how it contributes to overall health
- Explore the history of diseases and how they have spread and changed over time

## English/Reading

- My Many Coloured Days by Dr Seuss
- Sad Book by Michael Rosen
- Black Dog by Levi Pinfold
- Wonder by R.J.Palacio
- Illumanatomy by Kate Davies



## Maths

- Create and compare graphs which show the prevalence of diseases throughout the world
- Create tally charts/bar graphs that identify health habits across the school
- Measure heart rates, height and weight

Year 5

**3** GOOD HEALTH AND WELL-BEING



## Project Ideas

- Hold a 'healthy mind, healthy body' day where children take part in different activities to support their physical, mental and emotional wellbeing
- Invite parents and carers into school to take part in a health workshop
- Produce and display artwork based around good health and wellbeing
- Write and perform a poem/song about the importance of good health and wellbeing
- Raise money through a charity event to support those in other areas who do not have good health

## SMSC

- Learn about each other and the surrounding world- what makes us different and what makes us the same? How are people better off or worse in different parts of the world?
- Ask and answer reflective questions such as "what does your health mean to you?" "How would your life change if you did not have your health?" "Why is it important to keep your mind healthy?"
- Investigate moral and ethical issues and give reasonable responses
- Use a range of social skills and participate in the local community
- Have open discussions about feelings and take it in turns to talk

COLLABORATION • OPPORTUNITY • RESPECT • EXCELLENCE