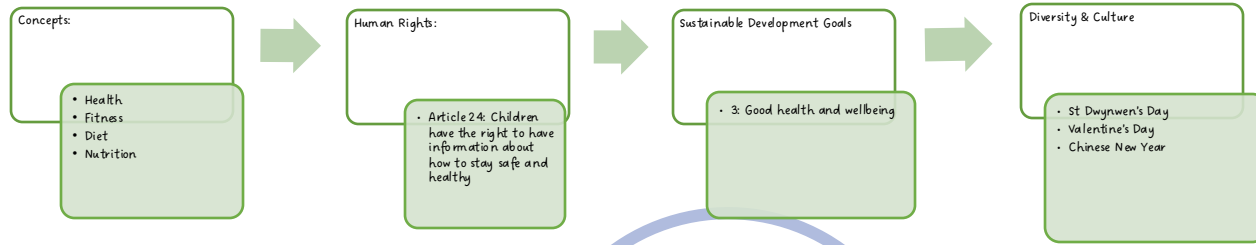


Healthy Body, Healthy Mind Body Matters

Dosbarth Catwg

Summit- The children will work with a partner to record an informative podcast about having a healthy body or a healthy mind.



Areas of Learning & Experience

- RVE: Chinese New Year
- RE - Importance of water to different religions

Humanities

Mathematics & Numeracy

- Measuring skills - length and capacity
- Reading thermometers
- Rounding numbers to the nearest 10, 100 and 1,000
- Angle and position
- Mental Maths skills - addition, subtraction, times tables
- Badger Maths problem solving

- Genres: Narrative and Diary entry
- Texts: 'Ruby's Worry' and a diary entry example
- GGR texts - Amazing Grace and Lizzie and Lucky
- Welsh - Faint ydy dy oed di? Wyt ti'n ___ oed?

Literacy Language & Communication

Expressive Arts

- Rock School - Chinese New Year celebrations
- Dance based on natural phenomena
- St Dwynwen's Day artwork in the style of Kandinsky
- Music - pBuzz lessons
- Digital Media - using technology to record podcasts

Science & Technology

- ICT - Digital Literacy. Understanding powerful passwords, showing respect online, how to stay safe online
- Safer Internet Day
- Science - exploring balanced diets and the impact on our health, exploring the process of digestion
- Outdoor Learning - burning foods to explore their fat and sugar content

Health & Wellbeing

- PE: Dance. Creating and improvising routines based on natural phenomena e.g. volcanoes, earthquakes.
- SEAL - respect and diversity.

Wow - The children will complete a variety of experiments designed to explore healthy bodies and healthy minds. These will include a digestion experiment, an experiment about how different liquids affect our teeth, and how practicing mindfulness can help our wellbeing.

Lifelong Learning: As a result of this inquiry, the children will learn that taking care of their body is vital through regular exercise and a balanced diet. They will also understand that looking after their mind and wellbeing is just as important.