

Rational: As part of the Government's Change 4 Life programme, children will focus on importance of health and fitness for life to help them attain their goals. They will study the importance of diet, exercise and healthy lifestyles through science and PSHE (Personal, Social, Health, Emotional learning) and design a fitness regime in PE. Children will look at respect for themselves as a Christian value. **Key Concept:** OURSELVES.

Hook: take part in a Joe Wicks exercise routine

Science: Study and investigate the role of the heart and lungs in health and fitness

Investigate and rank different forms of exercise by their effect on the human body

Explore the function of blood and the circulatory system.

Investigate the values of different foods and what makes a balanced diet

Use and understand the term **RDA**

English:

Study, recognise and use the language and layout of discussion documents and arguments

Research both sides of the case then write a document to discuss a topical health issue.

Discover the language and layout of formal letters from a variety of sources.

Use this structure to write letters to various people and organisations.

Christian Values: Understand that respect for oneself will help develop their mental health. Understand that to remain healthy in mind and body requires effort. The children will aim high and set themselves personal challenges to help remain healthy.

PE: Netball: Learn the basic principles of passing and receiving a ball.

Aerobics: learn different moves and regimes which exercise all parts of the body.

Devise a fitness regime which will appeal to KS2 children.

Toolbox Skills: To collaborate with a partner.
To persevere and communicate important information about health and fitness to an audience. Reflect on what makes a healthy lifestyle.

Computing: Children will learn to use iPads to research information, film and edit their own fitness regime.

PSHE: children research and discuss issues such as drugs, alcohol and tobacco to discover social aspects and affects on human body.

Outcome: View our fitness videos on Thursday 3rd April at 9am

Winter Class Cycle A

Fit4Life

Spring 2
2025

Keeping Healthy Challenge.

Mr Ashmore, who is currently supporting Summer Class, is taking on his own personal challenge in the month of March. He will attempt to run 2 miles every day to support one of his favourite charities.

I would like the children of Winter Class to identify their own personal health challenge that can run throughout the whole of March. Their challenge can be linked to exercise, diet or even their mental health.

Potential Challenges: (A challenge is something they should find difficult at first.)

- Run for 10 minutes every day.
- Prepare their own 'healthy' packed lunch.
- Read for 10 minutes every day.

At the end of the month, I would like a progress report. How has their challenge affected their health? Can they run further or faster? Do they feel healthier for cutting down on snack foods? Do they feel happier?

Their progress report could be a collection of times and distances they have run or a selection of diary entries that help to describe what they've been doing and the impact they feel it is having..

Progress reports can be presented to the class the week beginning 30/3/25.

Helpful Websites:

<https://www.keepingwellnwl.nhs.uk/keeping-well-wellbeing-calendar/wellbeing-challenges>
<https://warwick.ac.uk/services/sport/blog/feed/top-5-fitness-challenges/>

Challenges for mummy and daddy: <https://yumuuv.com/blog/wellness-challenge-ideas>

Study and investigate the role of the heart and lungs in health and fitness

Study the language of newspaper reports

Use iPads to film their own fitness regime

Review online fitness regimes from trainers such as Joe Wicks

Discover the importance of a healthy and balanced diet

Use P4C to discuss and explore social issues such as drugs, alcohol and tobacco

Explore the function of blood and the circulatory system.

Understand RDA for foods and food labelling

Study the language and layout of discussion documents and balanced arguments

Devise a fitness regime which will appeal to KS2 children.

Write formal letters

Aerobics: learn different moves and regimes which exercise all parts of the body.

Fit4Life

Discover the language and layout of formal letters

Design and carry out an investigation on the effect of different forms of exercise on the human body

Comment on the effects of different forms of exercise on the body

Research and discuss issues such as drugs, alcohol and tobacco to discover social aspects and effects on human body.

Toolbox skills:
Reflect: on how we can keep ourselves fit and healthy
Perseverance: carrying out fitness regimes

Research both sides of the case then write a discussion document on children and junk food

Outcome: view and try out our fitness videos online at the end of term.