



Year 3

Health and Wellness

Spring Term 2
and Summer 1



Essential Question: How can we foster a sense of well-being in our community?
Call to action: To improve our lunch boxes with healthy choices.

Unit overview

Science : We will build on our working scientifically skills by looking at how fair testing, observation and classification can help us learn about what plants and animals need to thrive.

Art: Art will sit closely along our Science work, developing our observational drawing skills through looking at plants and using plants to help us explore nature.. We will look closely at the work of Georgia O'Keefe and create a mini exhibition of our botanical work.

PSHE: We will explore what it means to have a balanced life including positive mental health and relationships.

DT: As part of our healthy eating focus in Science, we will be preparing and cooking healthy food using different techniques and exploring interesting and healthy sandwich fillings.

English:

We will be looking at a Traditional tale written in an alternative way and will be writing our own tales too based on a story we already know.

We will also look at persuasive letters this term and how we might encourage others to be healthy.

RWI and English skills will continue.



Science Home Learning:

Plant something and observe it growing.

Home Learning Challenges:

Try one (or more) of these activities: design a healthy meal to share with your family; try a food you have never tasted before; cook something from a recipe or make a healthy packed lunch. Take some photos of what you make.

Write a recipe for a healthy dinner- present it with illustrations or photos.

Maths:

We will be adding to our knowledge of **Multiplication and Division** including:

- Recalling and using facts from the 3, 4 and 8 times tables.
- Progressing to formal written methods of multiplication and division.
- Problem solving using our new skills

P.E and Music will be taught weekly