

Health and Wellness



Essential Question: How can I improve the health and wellbeing of my family?

Call to action: To invent a character to help promote health and wellbeing.

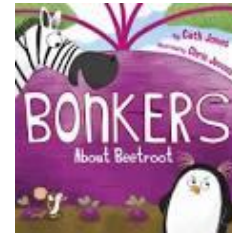
About this unit: Supertato and his friends are coming to the rescue! The healthy hero puppets we will make will help us to know where in the UK our food comes from and why some foods are frozen. We will also find out what plants need in order to grow and thrive. We will be health experts: learning what animals and humans need to grow, keep safe and healthy. Alongside this, we will look at changes to our bodies as we grow. We will find out how to reduce food waste by freezing, deciding which foods are good to freeze or not through scientific testing. We will make healthy recipes using frozen and fresh food.

English:

To write a story based on the book: **Bonkers about Beetroot.**

In this unit, we will focus on the structure of stories and continue to add detail to our writing by using noun phrases and conjunctions.

We will write **an information leaflet** to share our new knowledge with our family.



Maths:

We will be learning about statistics, properties of shape and fractions. We will also continue to practise our 2, 5, 10 and 3 times tables.

Home Learning challenge:

Take part in the weekly challenges that will help the whole family get fit, healthy and thrive!

Reading

and

Spelling:

Children will bring home 5 spellings to learn each week to be tested on a Friday. Children will have a colour banded reading book. Please make a note in your child's planner when they have read to you at home and when you have practised spellings..