

LAUNCH Mini Olympics

Autumn 1 Fit for Life

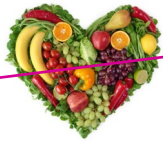
RE
Introduction to Sikhism.
Christianity.
Charity through Harvest and Langar.
Understand how a langar meal is balanced and healthy.
Humanism as a non-religious worldview and Remembrance Day.

Geography
Identify seasonal and daily weather patterns in the United Kingdom.

Computing
Understand how to stay safe online.
Create a poster using Microsoft word for the charity coffee morning.

History
Learn about Remembrance Day.
Participate in Black History Week activities.

Music
Explore how tempo throughout the piece of music changes, link to heart rate and exercise.



Science
Describe the basic needs of animals including humans e.g. water, food, air.
Explain the importance of exercise and healthy eating.
Identify main food groups and identify foods that belong to those groups.

Art and D&T
Create a portrait drawing fruit and vegetables for features.
Understand where food comes from.
Understand basic food hygiene.
Plan a healthy balanced meal and evaluate.
Make cakes, understanding it is a treat, for the charity sale.

PSHCE
Value - Be Kind
Understand qualities of successful people including sports people.
Understand why hygiene is important.
Know that a healthy lifestyle includes mental health and well being.

PE
Gymnastics. Ball skills.
Explore changes to body and heart rate.



Curriculum drivers

Real life Experiences	Emotional Literacy	Community
Use our first-hand experience to plan a tasty and nutritious meal. Learn about an event from very recent history so we can use our own experience to help our learning.	Learn about the qualities of people who achieve success in sport and relate this to our own experiences. Talk about our own success and how it feels to be successful.	Include sports people from our community in our learning and use their experiences to help us learn. Learn about the legacy of the 2012 Olympics and the effect it has had on our community. Take part in sporting events and competitions within our community throughout the year.

Home Activities To support this topic you could:

Make a healthy balanced meal.	Go to the park and exercise.	Complete a food diary over a week.	Research the Olympics and how it started.
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