

Year 6

Keep On Pumping!

Autumn 1

Rationale: After receiving videos from school staff asking for urgent help, the children are challenged to create a Healthy Lifestyle Leaflet to inform members of our school community how to become healthier and more active. The children will explore the circulatory system, its parts and functions and relate this to healthy eating through a focus on design, creating a healthy meal, presenting this as a recipe card. Their explanations and reports for the leaflet will be accurate, concise and informative, and fully engage the reader. They will also develop a fitness plan to help promote a healthy lifestyle for our target audience before publishing their final leaflets.

Lead Subject: Science

During this project, the children will become experts in the circulatory system: the heart, the blood vessels and the blood itself. They will be exploring how diet affects the circulatory system and how a balanced diet may help contribute to longevity. Through scientific enquiry, the children will find out if all hearts beat the same and will collect data to explore the effect of different factors on heart rate. They can then tell the teachers in a Healthy Lifestyle leaflet how to look after themselves now and for the future!

Lead Subject: English

The children will be producing a Healthy Lifestyle leaflet which includes an explanatory text, explaining how the heart works as part of our circulatory system. We will also be reading 'Pig Heart Boy' by Malorie Blackman. In our guided reading sessions, we will be exploring the complex dilemmas facing the main character as he undertakes the toughest decision of his life – should he receive the world's first ever pig's heart?



Lead Subject: DT

In this project we will be exploring food technology. We will use our knowledge of nutrition and the effects of food on the body (specifically the circulatory system), the children will make a healthy (but tasty) omelette by themselves.



6 WEEKS

School Value: Aspiration

- Have high expectations of myself as a biologist when learning and remembering new knowledge about the heart and the circulatory system.
- Engage fully with every lesson, the adults and my class in order to make a strong personal contribution to the outcome.
- Work hard so that I can learn as much as possible about how to keep my heart healthy and apply this knowledge to my own fitness and food choices, thus aspiring to be the healthiest I can be.

Maths: In maths, we will be solving problems using our knowledge of decimal numbers up to three decimal places. We will also multiply and divide decimal numbers by 10, 100 and 1,000. In arithmetic, we will revise our knowledge of fractions from years 3, 4 and 5.

Applied Subject: Computing

We will build on last year's knowledge of MS Excel – creating graphical representations of our pulse rates using spreadsheets.

Applied Subject: P.E

We will be designing circuit training programmes in order to investigate our pulse rates.

Outcome:

The children will produce a healthy lifestyle leaflet with information about how one selected individual can increase their own physical health through a regular exercise and a healthy eating plan.



Discrete Subjects:

French: la phoniques/le ecole

Music: Duration and Structure

PDL: Me and My Relationships

R.E: Peace

P.E: Health related fitness/dodgeball

Home learning:

To produce a healthy meal plan for a given individual.

