



# Sutton Park Community Primary School



## Whole School Topic Web Healthy Body, Healthy Mind

### Language Unit

Our pupils will be labelling and describing fruit using adjectives linked to the five senses. We will use our data handling knowledge to create graphs in maths.

### Nursery

Pupils returning to Nursery will be helping and supporting our new pupils while they settle into the group. We will be exploring our new surroundings whilst learning about what healthy foods are and what they look like.

### Reception

We will be exploring our new classroom and making new friends whilst learning about healthy eating through a book called 'Kitchen Disco'.

We are starting off the new school year with a whole school topic about being healthy. This is both keeping healthy physically and mentally. As well as class activities the children will be running their 'Race 4 Life' event this Friday.

### Year 1

We will be sorting foods into healthy and unhealthy groups and will design a healthy and balanced lunchbox. The class will be describing and tasting a range of different fruits deciding which one is the most popular.

### Year 2

Year 2 will taste a variety of exotic fruits in order to design and make a wonderful fruit salad. We will incorporate all our fantastic food adjectives when designing the 'packaging'. We will be promoting healthy eating by looking at what makes a healthy lunchbox.

### Year 3

Year 3 will be writing instructions for how to make a healthy snack. The children will enjoy eating their creations too! We will investigate the sugar content in some of our favourite drinks to see how much is actually good for our bodies.

### Year 4

We will be studying how food and drink affect our teeth as well as exploring them in more detail. We will also be naming emotions and taking part in yoga and meditation.

### Year 5

Year 5 will be looking at their own lunch comparing it to the 'eat well' plate. Pupils will research how to have a healthy mind by exploring yoga and meditation. Children will also investigate making water more appealing to drink!

### Year 6

Year 6 will be looking at the impact of diet and exercise on the body both positively and negatively! The pupils will design their own fitness routine which will be shared with other classes.