

Sutton Park Primary RSA Academy

Topic Web Year 2

Healthy Body, Healthy Mind

We have chosen this topic to help promote an ethos and environment which encourages a proactive approach to developing a healthy lifestyle. It will help children to make informed, healthy decisions that affect their own lives.

Outdoor PE will be on Thursday afternoons. Indoor PE will be on Monday afternoons. **Family reading will take place on Wednesdays, 2.45pm.**

Autumn Term Introductory Topic

Science

To develop as scientists, we will notice that animals, including humans, have offspring which grow into adults; find out about and describe the basic needs of animals, including humans, for survival (water, food and air) and describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.



Design Technology

To develop as designers, we will taste fruits from around the world, using appropriate adjectives to describe their appearance, taste, smell and texture. We will design and prepare a fruit salad based on our preferences, looking at safe and hygienic practices when handling and preparing food. In addition to this, we will explore packaging; designing and making our own. We will write a set of instructions, explaining how to prepare a fruit salad.

PSHE and Thrive

Children will learn about eating well, about the importance of physical activity, sleep and rest. They will also explore people who help us to stay healthy and well and about basic health and hygiene routines. Children will explore where food comes from, using the 'Field to Fork' initiative, and will investigate the question: Why does local food matter? This will help to promote creative and independent thinking, reasoning and argumentation, active listening and verbal communication. We will explore what our brain helps us to do and consider ways in which we can help our brain to relax.

PE

We will explore how our bodies change when exercising and the importance of taking part in physical activity in order to maintain a healthy lifestyle.