



Year 2

5-week study - Autumn 1

Fighting Fit



What's it all about?

The children eagerly watched a video capturing a typical evening in the Crump household. But as the video ended, a wave of shock and concern spread through the room. The Crumps, it turned out, were living in a shockingly unhealthy and unhygienic way! Alarmed, the children realised that there might be many more families unaware of basic health and hygiene. Determined, they decided it was time to take action and educate their community!



Home Learning

1. How does your family get your heart racing? Is it a peaceful Sunday stroll through the forest, a fun Joe Wicks workout, or maybe you're all about hitting the trails on your bikes? We'd love to know! Share your favourite family activities on Google Classroom to inspire others to get moving! You can upload videos, photos, or even share a workout routine you all enjoy—let's get those hearts pumping together!

2. What are the go-to foods in your family that help you stay healthy and balanced? Do you have a favourite meal or recipe you love to whip up together? At school, we'll be designing healthy, balanced food plates, and we'd love your help! Share photos of your family's favourite balanced meals and recipes on Google Classroom. Every recipe will be collected into a Year 2 recipe book, which will be showcased alongside the children's healthy living leaflets—delicious inspiration for everyone to enjoy. Yum!

Independence

- I can use criteria effectively to identify strengths and weaknesses.
- I can decide what to do next to make my work better.
- I can reflect on my experiences and my learning to make meaningful connections.

Thinking

- I can use criteria to accurately evaluate my own learning.
- I can reflect on my thoughts and feelings to understand different experiences.
- I can extend my thinking through giving and justifying my reasons.

Your child will be learning...

Lead subjects:

Science: what humans need to stay healthy, the importance of exercise, eating the right amounts of different types of food and hygiene. Allowing the children to suggest ways to answer scientific questions.

English: to use instructions and explanations, including bullet points and commas in a list, to write an information leaflet to educate the local community on the benefits of an active lifestyle and healthy balanced diet.

Design and Technology: how to design, create a mock up and evaluate a healthy food plate before designing and making their final product.

Your child will be applying previous learning to:

Computing: use an interactive application to create a healthy food plate.

PDL: build self-esteem and know what makes them healthy in mind and body.



Key Scientific Vocabulary:

carbohydrates, protein
oils, fats, fibre, fuel, heart rate,
hygiene, conclusion, observation,
quantity, exercise, healthy,
unhealthy, circuit, sugar, energy,
diet

Key Design and Technology Vocabulary

design, mock up, evaluate



Outcome

The children are gearing up to share their exciting new scientific discoveries with the local community by hosting an action-packed healthy living workshop! They'll dazzle attendees with fitness circuits, eye-catching leaflets packed with tips on staying active, and the secrets to a balanced diet. But that's not all—alongside their informative displays, they'll proudly present their home-cooked masterpieces, a collection of delicious, healthy recipes designed to inspire families to shake up their mealtime routines and try something fresh and you will leave with a healthy snack!

DATES FOR THE DIARY:

Parents are invited to our
'Fighting Fit' workshop:
on the playground or in the hall depending
on weather.

Mangoes – Wednesday 7th October at 9:00am

Pineapples – Wednesday 7th October at 2:30pm

Strawberries – Thursday 8th October at 9:00am

If in hall please enter via Cherries gate.