

LEARNING PREVIEW

Heath Class Summer Term 2

Healthy Living Week

26.06.2016 - 01.07.2016

How our learning will link to our children's lives, interests and experiences

- Sports Day - our focus is on team work, cheering for our team mates and trying our best. *Come on! You can do it! If you want to run faster you need to practise so find a big space and practise racing with your family and friends.*
- We have been focusing on the changes in our bodies after exercise. Observing how our heart rate changes, we become hot and sweaty and we need to rest and have a drink of water. As you move around in the warm weather help your child to notice these things in their own bodies. *How do you feel? The sun is out, what do you think you need to wear? Feel your heartbeat. I will time you for one minute while you jog on the spot and then we will feel it again and see if it has changed.*
- We will be looking at recycling and how to sort the different materials. *Show your children the recycling bins we have at home and talk to them about the refuse collection and why we help to recycle.*
- We will be talking about road safety and using the road in the playground to practice crossing the road at a zebra crossing, crossing with a lollipop person and pelican crossings.
- We will look at personal self care including brushing our teeth, germs, and hand washing and how to keep ourselves healthy by remembering to exercise, eat and sleep.
- Linked to our learning about keeping healthy we will make a class fruit salad.

How our learning will link to the wider world

- **Green Day** in Heath - **Wednesday 29th June**. On this day we will be focusing on what it is like to live without technology, electricity and we will have a water tap to visit to get our water for the day.
- We will focus our learning on environmental issues discussing what it would be like to live without water in the home, living with candle light and recycling.
- We are going to prepare questions for the PCSO (Police Community Support Officer) who is visiting Heath on Thursday 30th June. The children will learn what the jobs entails and how they help in the community.

Books

You could look in the library for....

- *Oliver's Vegetables and Oliver's Fruit Salad by Vivian French*
- *The Sports Day by Nick Butterworth and Mick Inkpen*
- *I Can Save the World, The Adventures of a Plastic Bottle, The Adventures of an Aluminium Can by Alison Inches*

Sing-a-long with us!

- Head, Shoulders, Knees and Toes
- She'll be coming round the mountain (she'll be walking/running/jogging)
- Miss Polly Had a Dolly
- Healthy Eating Songs

Ideas

Make a healthy meal. Learn to grate, chop and slice fruits and vegetables.

Set up a water challenge. Can you finish a given amount of water in one day? How many cups of water did you drink?

REMEMBER

- We have a skipping company visiting on Monday 27th June.
- Sports Day Tuesday 28th June 10.30am - for all Heath Class children
- Sports Festival for afternoon and All Day B Thursday 30th June
- Heath Class is *closed* for the day on **Thursday 14th July** - Transition Day