

# Fit for Life Curriculum Newsletter



Our body is fascinating and it is the most valuable thing that we will ever own. It's our job to keep our body fit and healthy because it has to last us a lifetime! This term, we are going to find out about how our bodies work and how we can best take care of our bodies both now and going on into the future as we grow and change.

## Maths

In Year 5, the children will be exploring the relationship between fractions and decimals and will be introduced to percentages. Additionally, they will be finding the perimeter and area of simple and compound shapes and will be answering questions from studying data presented in tables and on line graphs.

In Year 6, the children will be continuing to consolidate their understanding of fractions and decimals whilst also further developing their understanding of percentages. Additionally, they will be practising how to find the perimeter, area and volume of different shapes before moving on to investigate statistics in relation to answering questions from data presented in different ways.

## English

In Year 5, the children will be producing creative writing based around the theme of science fiction. Also, the children will be learning about persuasive writing and how to write an effective leaflet about how to live healthily.

In Year 6, the children will be writing spooky stories based on a short film called 'Alma'. Additionally, in a similar vein to Year 5, they will be using their persuasive writing skills to create a 'blog' as a 'Fitness Influencer' looking to encourage people to live a healthy life.

## HEALTHY LIFESTYLE



## DATES FOR THE DIARY

### March

- 5<sup>th</sup> World Book Day
- 27<sup>th</sup> Year 4 & 5 Easter performance for parents (pm)
- 27<sup>th</sup> Last day of term

### April

- 13<sup>th</sup> First day of term 5

## THE EATWELL PLATE



A guide to the right balance of the five main food groups

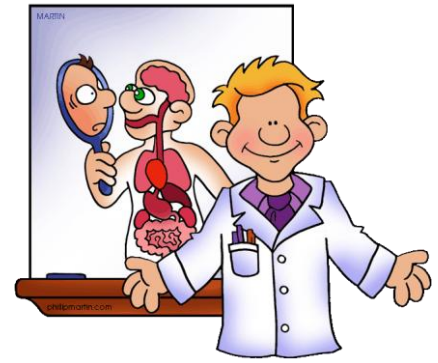
- Fruit & Veg
- Carbs & Starches
- Dairy
- Protein
- Sugars & Fats

**EAT WELL, MOVE MORE,  
LIVE LONGER**



### Science

We will be finding out about the effects of exercise on our bodies and how a healthy diet can also benefit our fitness levels. We will also be investigating how the circulation system works and discovering the functions of our digestive system. Additionally, the children will be learning about the changes that occur as humans age.



### Design and Technology

The children will be learning about the principles of a healthy and varied diet and how they can apply those principles in their daily lives. They will also be investigating seasonality and the sources of different ingredients.

### French

In Year 6, the children will be learning about the names of key classroom objects.

### Art

The children will be exploring a range of artwork and pictures that represent people doing physical activity and the children will be using a range of materials to create their own 3D pieces of artwork to represent movement in the human body.



### PSHRE

This term the focus for the children in Years 5 and 6 will be upon issues related to money. The children in Year 5 will be looking at how money can be managed with regards to borrowing and income and expenditure. The children in Year 6 will be learning about issues such as keeping money safe and the risks of gambling together with considering the routes to possible different careers for their future.

### Music

In Year 5, the children will be learning songs in readiness for their Easter performance and in Year 6, the children will be developing their musical skills through learning to sing and play instruments in performing the song 'You've Got a Friend'.

### R.E.

In Year 5, the children will continue to explore the key beliefs and practises of people who follow the faith of Islam. Additionally, the children will be preparing for their Easter performance that will take place during the last week of this term.

In Year 6, the children will be exploring the idea of 'Salvation' and how Christians view the events of Easter and the importance of the sacrifice of Jesus.

### P.E.

In Year 6, the children will be practising and improving their skills in tennis and football. In Year 5, both classes will be practising and improving their skills in dodgeball and hockey.

### P.E. KITS!

Please can you make sure that your child has a complete NAMED P.E. kit in school. The kit should include a pair of black shorts; a red t-shirt; a pair of NAMED trainers and a pair of socks (if needed).

Thank you.

