

My Topic Learning Journey: **Healthy Bodies; Healthy Minds**

Step	Subject Area Focus	Learning Challenges (Subject Specific)	Post Assessment
1	Questioning and Curiosity	Can you show what you already know about being healthy? <i>(Cover Page, Learning Journey, Pre Learning, Knowledge Organiser)</i>	
2	Science and PSHE - Being Healthy Communication and Creativity	Can you sort healthy and unhealthy foods? <i>(including exploring food packaging and the traffic light system)</i>	
		Can you design a healthy meal? <i>(including the importance of a varied and balanced diet and the importance of eating plenty of fruits and vegetables)</i>	
		Can you show the importance for good health of physical exercise and a healthy diet? <i>(creating an information poster)</i>	
		Can you explore ways to keep healthy and safe? <i>(including water, tooth brushing, germs and handwashing, screen time, sleep routine, being a safe pedestrian)</i> <i>(continue creating an information poster)</i>	
3	English - Instructions Communication Independence	Can you write instructions for how to plant a sunflower seed? <i>(Pre Learning)</i>	
		Who is the audience and purpose of the text? <i>(class two/to inform)</i>	
		Can you read instructions and identify their features? <i>(success criteria)</i>	
		Can you write a title and 'you will need' list? <i>(bullet points, new line)</i>	
		Can you write some introductory sentences? <i>(use ? and !)</i>	
		Can you write the steps in chronological order and use numbers?	
		Can you use present tense verbs?	
		Can you begin each sentence with an adverbial of time?	
		Can you use 'and' to join two sentences?	
		Can you use adjectives to write noun phrases?	
		Can you spell words correctly including simple prefixes and suffixes? <i>(un, s, es, ed, ing, er, est)</i>	
		Can you write a safety/hygiene or helpful hint?	
		Can you write some concluding sentences about the finished product? <i>(use ? and !)</i>	
		Can you write instructions for how to make a fruit salad? <i>(Post Learning)</i>	
Can you re-read your writing to check it makes sense?			
	Can you type up your instructions for class two? (Computing)		
4	PE - (Exercise) REAL PE: Health and Fitness Cog Teamwork Perseverance and Resilience	Are you aware of the changes to the way that you feel when you exercise?	
		Are you aware of why exercise is important for good health?	
		Can you explore making a new game using limited equipment outside?	
		Who is the audience and purpose of the text? <i>(class one/to inform)</i>	
		Can you write instructions for how to set up and play the game?	
		Can you type up your instructions to use with the physical equipment in the outside area? (Computing)	
5	Questioning and Curiosity	Can you explain something that you have learnt in this topic? <i>(Post Learning Task)</i>	

Learning linked to Healthy Bodies; Healthy Minds is also covered through the following subjects this term (see separate subject learning journeys):

- Design and Technology (DT) - Cooking and Nutrition - Fruit Salads
- Personal, Social and Health Education (PSHE) - Being Healthy, Mental Health and Feelings