

**Pilgrim Federation Key Stage 2 Curriculum Coverage Ideas & Resources for the Learning Theme: Healthy Body, Healthy**

**Mind**

Science	Art & Design	Computing	D&T	Geography	History	Music	PE	MFL
<p>Identify and name the main parts of the human circulatory system, and describe the functions of the heart, blood vessels and blood.</p> <p>Recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function.</p> <p>Identify that humans and some other animals have skeletons and muscles for support, protection and movement.</p>	<p>To create sketch books to record their observations and use them to review and revisit ideas.</p> <p>To improve their mastery of art and design techniques, including drawing, painting and sculpture with a range of materials [for example, pencil, charcoal, paint, clay].</p> <p>Look at artists who specialise in paintings and sculptures focusing on the body.</p>	<p>Stop animation using plasticine/modelling clay.</p> <p>Photography – using action shots/Sporting scenes.</p> <p>Use the Internet to research healthy foods, artists who study the human form.</p> <p>Use word processing skills and presentation slides to create information about a given subject.</p>	<p>Understand and apply the principles of a healthy and varied diet. <a href="https://teachrs.thenational.academy/units/cooking-and-nutrition-healthy-and-varied-diets-ec15">https://teachrs.thenational.academy/units/cooking-and-nutrition-healthy-and-varied-diets-ec15</a></p> <p>Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques.</p> <p>Plan a healthy menu with a balance of essential food types.</p>	<p>Locate the world’s countries, using maps – link to artists that have been looked at.</p> <p>Also, link to sporting activities such as Olympics, Commonwealth Games, European Championships and other national and international sporting events.</p>	<p>Australia/New Zealand – link to art with Maori/ Tribal face and body.</p> <p>The history of the Olympic movement (with links to Ancient Greece).</p> <p>Chinese and Japanese clothing &amp; footwear e.g. Kimono (link to DT).</p> <p>The origin of fizzy drinks (Cola/Pepsi).</p>	<p><b>See also</b> <b>Charanga</b> <b>Schemes of work</b></p> <p>Seasonal music (Christmas, Easter etc.)</p> <p>On-going music lessons from Music Service.</p> <p><b>7 unexpected times that classical music and sport collided</b></p> <p>Debussy and the ballet about a lost tennis ball.</p>	<p><b>See also</b> <b>RealPE</b> <b>Schemes of work.</b></p> <p>Perform dances using a range of movement patterns</p> <p>On-going PE lessons thematically linked to meet the seasons e.g. football/tennis /rugby/ swimming etc.</p> <p>Invent a new game (physical exercise related)</p>	<p>Speak in sentences, using familiar vocabulary, phrases and basic language structures.</p> <p>Present ideas and information orally to a range of audiences.</p> <p>Describe people, places, things and actions orally and in writing.</p> <p>Name basic body parts. Hair/eye colour.</p>

Science (cont.)	Art & Design (cont.)	Computing (cont.)	D&T (cont.)	Geography (cont.)	History (cont.)	Music (cont.)	PE (cont.)	MFL
<p>Describe the ways in which nutrients and water are transported within animals, including humans.</p> <p>Describe the changes as humans develop to old age.</p> <p>Describe the simple functions of the basic parts of the digestive system in humans.</p>	<p>Alberto Giacometti. Seated Man 1949.</p> <p>Gwen John. Study of a Girl Holding a Doll c.1916–20.</p> <p>Joseph Mallord William Turner.</p> <p>David Hockney. Maggi Hambling.</p> <p>William Scott. Sir Edward Coley Burne-Jones, Bt.</p> <p>Wyndham Lewis.</p> <p>Scientific drawings of internal structures of the human body.</p>	<p>Create bar chart/Pie charts from spreadsheets about favourite sport/Sporting team/Exercise / Favourite food/How much fruit is eaten a day...</p>	<p>Design and create a healthy drink.</p> <p>Food &amp; Nutrition: Celebrating culture and seasonality <a href="https://teachrs.thenational.academy/units/cooking-and-nutrition-celebrating-culture-and-seasonality-4416">https://teachrs.thenational.academy/units/cooking-and-nutrition-celebrating-culture-and-seasonality-4416</a></p> <p>Design and create new fitness products (trainers, t-shirts, bats, balls etc.)</p>		<p>History of various sports – Rugby, football, cricket, golf, tennis... Some sports take their origin from ancient hunting skills.</p>	<p>Elgar pens a football song - in 1898.</p> <p>Shostakovich and the Soviet football team head west.</p> <p>Sibelius skis down a lonely trail.</p> <p>Ives's pitch-perfect baseball <b>musical</b>.</p> <p>Honegger tackles the game of rugby.</p>		<p>Name some sports.</p> <p>Say basic phrases such as 'I like tennis' or 'I like playing tennis.'</p> <p>Re-learn heads, shoulders, knees and toes in another language.</p>

Science (cont.)	Art & Design (cont.)	Computing (cont.)	D&T (cont.)	Geography (cont.)	History (cont.)	Music (cont.)	PE (cont.)	MFL
<p>Identify the different types of teeth in humans and their simple functions.</p> <p>Construct and interpret a variety of food chains, identifying producers, predators and prey.</p> <p>Look at the function of the eye (light) &amp; (sound)</p>	Maori body/face art		<p>Research how sports equipment like tennis balls, cricket bats etc. are made.</p> <p>Research brands such as Nike, Adidas.</p> <p>Research fashion designers (be aware of positive body image – link to RSE &amp; PSHCE ‘if Barbie were real’).</p>			<p>Monks playing football <b>inspire</b> Poulenc's Gloria. <a href="https://www.bbc.co.uk/music/articles/0c1d62a4-01a6-496e-9bc8-978dd48327f1">https://www.bbc.co.uk/music/articles/0c1d62a4-01a6-496e-9bc8-978dd48327f1</a></p> <p>Fun songs such as ‘Heads, shoulders knees and toes’ – reword the songs or create new songs about the body.</p> <p>Link to Science with sound. Look at pitch and volume of music.</p>		

Science (cont.)	Art & Design (cont.)	Computing (cont.)	D&T (cont.)	Geography (cont.)	History (cont.)	Music (cont.)	PE (cont.)	MFL
<a href="https://app.discoveryeducation.co.uk/learn/channels/channel/a175182a-f29d-4bcb-92aa-80f24b6e460f?embed=false&amp;embed_origin=false">https://app.discoveryeducation.co.uk/learn/channels/channel/a175182a-f29d-4bcb-92aa-80f24b6e460f?embed=false&amp;embed_origin=false</a>  Eating, Moving & Growing - Discovery Espresso (LKS2)						<b>The effect of music on mood – different genres have different effects on the body and mood.</b>		

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<a href="https://app.discoveryeducation.co.uk/learn/channels/channel/1a63f75b-d5ff-4e70-8cf7-fec8ede15b70?embed=false&amp;embed_origin=false">https://app.discoveryeducation.co.uk/learn/channels/channel/1a63f75b-d5ff-4e70-8cf7-fec8ede15b70?embed=false&amp;embed_origin=false</a> Eating, Moving & Growing - Discovery Espresso (UKS2)								

Healthy Body, Healthy Mind	
Possible links to English:	Possible Links to Maths:
<a href="https://www.booksfortopics.com/healthy-humans">https://www.booksfortopics.com/healthy-humans</a> Fiction:  Non-Fiction:  Song:  Drama:	Measure and scale (when using maps)