

Health and Wellbeing Y4

Computing:

Communicating and Collaborating online -
I can collaboratively write an email to the Chair of Governors about our findings to explain how and why our school dinners are healthy.

I can contribute/edit/refine contributions to a shared document and understand that all changes are visible.

I understand how e-mails work, and send e-mails between people within the Lainesmead Primary domain.

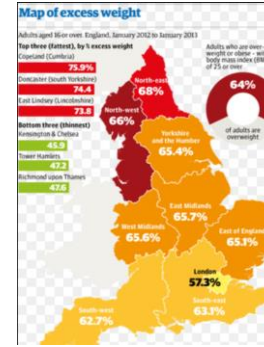
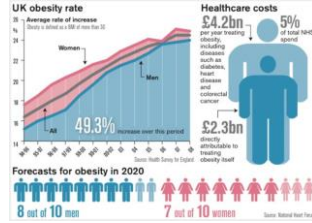
I can use e-mail to e-mail work completed in school to their teachers and peers.

I can collaborate with peers on a project to produce a finished piece to support topic work- using google documents within the Lainesmead Primary domain.

Programming and Control - I can create a Pac-Man game where unhealthy food kills the character using Scratch.

I can use computer game design software to plan, design and make my own, multi-level game, controllable by external inputs, changing parameters and responses.
I am beginning to plan more complex sequences of instructions for on-screen and floor turtles, test and amend these instructions.

Unhealthy Us?



Knowledge:

I know what makes a healthy diet - 5 pieces of fruit or veg, limited sugar and saturated fat intake and 1 piece of oily fish.

I know what would be classed as a healthy and unhealthy weight for an adult.

I know that my height will affect my Body Mass Index.

I will find out if there is an obesity problem in Britain and if so, where that problem is and why.

I can explore and understand that more people are obese today than they were in the past and the reasons for this change.

I know why being obese a bad things and the risks that this causes.

I know that exercise plays a huge part in obesity as well as food.

I know how we ensure as a school that our dinners are healthy - interview with school chef.

I can create a cam structure of a running athlete.

British Values:

Mutual respect and tolerance of different faiths and beliefs.

Vocabulary:

Nutrition, diet, healthy, unhealthy, saturated fats, Body Mass Index (BMI), obesity, risks, causes, exercise, cams, functional, structures, techniques, exploded diagrams, design, evaluate, test, compare, strengthen, materials, past, present, change.

Design and Technology:

I can design and make a cam structure of an athlete.

I can create a cam design using exploded diagrams.

I can apply techniques I have learnt to strengthen cam structures and explore my own ideas.

I can use my knowledge of techniques and the functional and aesthetic qualities of a wide range of materials to plan how to use them.

I can consider how existing cams and my own finished cam project might be improved and how well they meet the needs of the intended user

Geography:

I know which regions of Britain suffer the most with obesity.

I can recognise and understand that people have differing quality of life living in different locations and environments and I can explain why this is the case.

I can name and locate the cities of the UK.

History: I understand that obesity is a relatively new thing for Britain and why this is. I can compare obesity in the Victorian times with today.

I can use a variety of resources (books and the internet) to find out about Obesity in Victorian times.