

### Physical Education (ongoing)

- To look at different types of exercise and the benefits of these
- To understand the importance of warming up and cooling down when exercising
- To apply what we have learnt about how our pulse rate changes when we exercise
- To know why exercise is important to keep our bodies healthy

### Healthy Diet (week 1)

- To identify different food groups and what makes a balanced diet
- To make healthy decisions about the food we eat
- To apply this knowledge to plan a healthy balanced diet
- To know the importance of water to our bodies
- To understand how the digestive system works and how to take care of our teeth

### Healthy Diet and Body Image (week 2)

- To use data we have collected about our diet to analyse the different food groups we eat
- To know which different types of graphs to use to represent the data we have collected
- To have an understanding of what a healthy body looks like
- To be aware of how the media present images that are distorted and the effect this can have on us



# Fit for Life

Autumn 1

Year 5

### Exercise (week 3-4)

- To be able to explain what happens to our bodies when we exercise and why
- To understand the function of the heart and circulatory system
- To investigate changes in pulse rate
- To plan, carry out and evaluate an investigation about exercise
- To present scientific data we have collected
- To know the benefits of exercise, both physically and mentally

### Jigsaw Theme – Healthy Me (ongoing)

- Healthy body image
- Peer pressure: strategies to help us make healthy choices and development of assertive communication skills
- Understanding the risks of drugs, smoking and alcohol

### The World in Wyke (week 6-7)

During these two weeks, classes across the federation will be studying a country in detail.

We will explore the history, geography, language and culture of our chosen country.

### Drugs (week 5)

- To know about the effects of smoking on our bodies
- To understand why some drugs are useful and others are illegal
- To know the side effects of some drugs
- To discuss addiction