

Head, Shoulders, Knees and Toes!

Key question: How can I help others to improve their fitness?

Academic Excellence

We will learn the knowledge on the 'recall page' and we will be mastering the following skills:

- How to ask and answer simple scientific questions to find out information
- To use secondary sources and observations to answer questions

Character

What value am I focusing on and how will I demonstrate it?

Community

In our learning we will work together and collaborate to share and develop our ideas.

We will be creating an exercise video which will be shared with our friends and family, to help them to stay healthy.

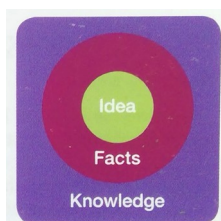
Outcome— How will our learning be used in real life?

We will create an exercise video to share with our friends and family to encourage them to stay fit and healthy.

Learning to Learn

Our focus thinking tool is:

Circle map



Personalisation

What will help me in this experience?

I will learn about exercises that work for my body.

I will have access to word mats which develop my vocabulary.

Rights Respecting

Article— 24: the right to be healthy

We will learn more about this right by...

Learning about how to keep our bodies healthy and teaching others how to do this.

Concept

Structures

I understand that things can be structured in similar ways.

Recall Page

Vocabulary

Parts of the body	Mouth, hair, foot, head, eyes, ears, teeth, leg, elbow, shoulders, thumb, knee, nose, toe, fingers, hand.
Sense	The way the body finds out about the world around us.
Sight	How we use our eyes to see.
Touch	How we use our body to feel.
Smell	How we use our nose to identify odours.
Hearing	How we use our ears to listen.
Taste	How we use mouth and tongue to understand flavour.
Exercise	Activity requiring physical effort.
Healthy	In a good physical or mental condition/a good health.
Secondary source	Being told something by someone else.

Knowledge

I will need to know:

- Basic parts of the body and how to identify them
- How parts of the body are associated with each sense
- The importance of exercise
- How to answer simple scientific questions in different ways
- How to use secondary sources to gather information
- How to use observations to gather information
- How fitness improves health and wellbeing

Key facts

The body needs regular exercise to maintain good physical and mental fitness.

The five senses are; sight, touch, smell, hearing and taste.

There are different ways to exercise different parts of the body.

The body works together to function.

Expert example

