

# 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.

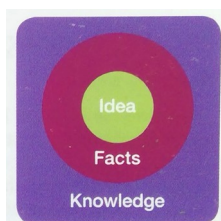
## Outcome– How will our learning be used in real life?

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 be able to access mini tutorials if I need support in certain areas.

I will work within guided groups to develop my understanding.

I will have access to a range of resources to choose from to help me.

## Rights Respecting

### Article 24

We all have the right to stay safe and healthy. We will learn more about this right by learning how staying fit helps our bodies and keeps us healthy.

## 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	Something perceived through sight, smell, hearing, taste and touch.
Sight	The process, power, or function of seeing, a stimuli received by the eye.
Touch	The process, power or function of physical feeling. A stimuli perceived by the skin.
Smell	The process, power or function of smelling. A stimuli perceived by the nose.
Hearing	The process, power or function of being able to hear sounds. A stimuli perceived by the ears.
Taste	The process, power or function of being able to taste. A stimuli perceived by the mouth.
Exercise	An activity requiring physical effort carried out to sustain or improve fitness.
Healthy	The state of being in good physical and mental condition.
Secondary source	Documents, texts, images and objects.

## 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

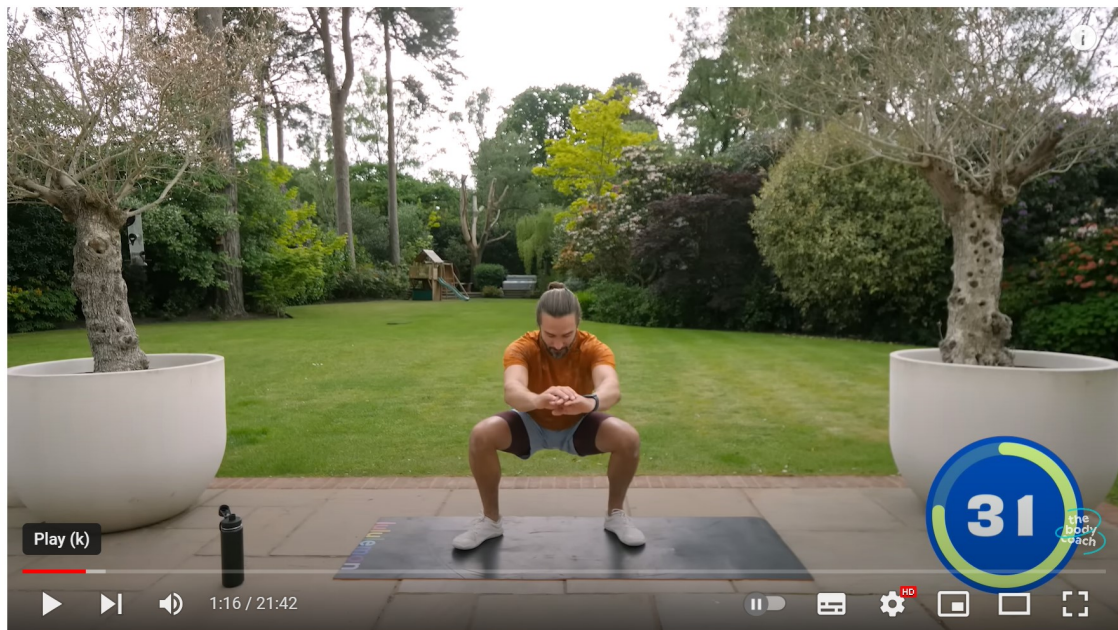
Different body parts have different functions.

We experience things through our different senses: touch, sight, smell, hearing and taste.

Different types of exercise can improve the body in different ways.

Exercise should be carried out in the correct way to avoid injury.

Expert example



For details of the discrete teaching, please see the yearly overviews on the school website.