

# Jennett's Park Creative Journey Planner YEAR 2 TERM Autumn 2

## *Empowering our children to flourish and achieve under God's love*

**Name of Unit:** Healthy Living

**The Context (Why):** To learn about the importance of a healthy balanced diet and exercise.

**They need to know and understand:**

How food is grown and where.  
 What balanced diets and good nutrition is and the impact a lack of it can have.  
 The importance of exercise and hygiene.  
 The importance of mental health and what can aid good mental health.  
 That humans and animals follow a life cycle including offspring.  
 That there are basic needs for survival for both animals and humans.

Educating for Wisdom, Knowledge and Skills	To help grow resourceful, resilient and reflective children who are equipped with the skills, knowledge and tenacity empower themselves, their learning throughout their lives.
Educating for Hope and Aspiration	To inspire and enrich lives beyond current opportunities and experiences in order to open minds to the potential their future holds
Educating for Community and Living Well Together	To be a multi-cultural, inclusive community of individuals loved by God who feel valued and involved where we create qualities of character to enable people to flourish.
Educating for Dignity and Respect	That children might know how much that they are loved and valued by so that they might show dignity and respect for themselves and others by carefully and safely thinking through their actions.

**Immersion Activity- What do they need to know? How are you going to start with a bang?**

Food tasting experience – encouraging to try something new  
 Exploring health of teeth  
 Yoga/meditation/mindfulness activities throughout the term

**The Challenge or Big Questions**

What is a healthy life?  
 What makes a person healthy?  
 How can we live a balanced, healthy life?

**Real life context and links to Wider World (International/ Charity/ World of Work)**

Food banks (Trussell Trust) – look into existence and what they do and who they help?  
 How athletes focus on practice, nutrition and mental stamina to compete and excel at their sport (abled and disabled bodies).  
 Impact of unhealthy life style and mental health on children and adults at schools, workplaces, etc (comparison of hours lost).

**Activities (Possible Route of learning)**

1. Food tasting experience
2. Using models to brush teeth
3. Design of a healthy and unhealthy menu including costs
4. Investigation into the impact of sugar on teeth (egg shell experiment)

**Trips/ Visits / Experiences**

Visit health visit (if COVID allows)

### Challenge 10 activities

Visual thinking – what best represents...

Ordering ideas/images from best to worse and chronologically

### Oracy Links

Performing poetry (linked to Christmas)

Learning songs and rhymes

### Vocabulary

healthy, unhealthy, cost, mental health, life cycles, meditation, impact, exercise

### Literacy, Maths and Computing Links

Design a healthy menu

Discuss and persuade others to eat healthily

Calculate the cost of a healthy menu against an unhealthy menu (comparing cost in monetary values)

Scratch Card – [scratch.mit.edu/info/cards](http://scratch.mit.edu/info/cards)

Debugging – problem solving

Search engines – researching ideas for geography and history

### How we will cover Owl Learning Behaviours and Rainbow Values in this journey

C - *Collaboration*

O - *Optimism*

P - *Perseverance*

P - *Pride*

I - *Independence*

C - *Challenge*

MD - *Managing Distractions*

♥ Love ♦ Honesty ♣ Respect ♣ Peace

♣ Forgiveness ♣ Patience ♣ Support

♣ Kindness & Joy

### Final Quality Products

Published healthy menu including costings.

Leaflet on healthy living (dental health, washing hands, eating healthily).

3D model of teeth (unhealthy/healthy – labelled)

### Home Learning Projects

Investigate the levels of sugar in your favourite meal. How could you represent this visually?

Investigate the levels of sugar in a popular meal in another country.

Investigate what areas or countries the ingredients in your meals come from.

Keep a food diary for a week.

What do you eat and drink on a daily basis? Is there a pattern? Can you make any changes?

### How to Share and Celebrate Success

Celebration of the topic work during an assembly with parents.

Celebration of the homework projects completed throughout the term (termly homework).

Reading of written work with class members.

Display of art and DT projects with class members.