

Experience Title
An Apple a Day Keeps the Doctor Away

Rationale: To enjoy different class texts and learn to sequence a story. The children will understand what a sentence is and how it is constructed to convey meaning. Pupil's will write a set of instructions for the preparation of a fruit salad and learn about the significance of a healthy diet, exercise and the need to prepare food in a hygienic way. Through the discussion of our set texts children will develop greater understanding of the need for a balanced diet and exercise. This is an essential skill for maintaining a healthy lifestyle now and into adulthood.

The children will look at a significant historical figure, Florence Nightingale, and consider her importance learning the skills of research and chronology by focusing on her life. They will write a biography about Florence Nightingale based on a modelled biography about Mary Seacole.

The children will listen to, share and discuss a high-quality book with the teacher, other adults and each other to engender a love of reading at the same time as they are reading independently. The children's vocabulary will develop and feed into their writing.

Through listening, children will also start to learn how language sounds and increase their vocabulary and awareness of grammatical structures. In due course, they will be able to draw on such grammar in their own writing.

Prior learning: Children will have some understanding of how to keep healthy. They understand that exercise is important and that they need to eat lots of fruit and vegetables. They will be aware we have to wash our hands and clean our teeth. They will have experience of recipes being a set of instructions

Hook:
Florence Nightingale role play/tableaux

Outcome:

Literacy

- Produce a biography of a famous person from history
- Write a set of instructions for making a fruit salad

DT

- Prepare a fruit salad and consider food hygiene when preparing food

CLA (Core Learning Area)

Science:

- To learn about the importance of a balanced diet by considering an Eat Well plate and discussing what is meant by five a day
- To learn about the need to exercise and the importance of exercising the heart which is a muscle
- To identify what happens when you exercise
- To recognise the importance of sleep
- To discuss ideas about personal hygiene and why it is important

History:

- Look at the life of Florence Nightingale and Mary Seacole as significant historical figures and sequence the events of their lives by writing in sentences.
- Children should be aware of the past and use common words and phrases that relate to time: before, after, since; some may begin to have an awareness of the concepts of past and present.
- Children can ask and answer questions
- Children can talk about who was important e.g. Mary Seacole and Florence Nightingale and their impact on nursing
- Children to consider the use of primary and secondary sources

Literacy:

Writing: Focus Text: Bold Women in Black History (Biography)

- To write using 'shape' of a biography (TWS)
- To learn and use subject and genre specific vocabulary
- To write clear, effective sentences with a capital letter and a full stop.
- To write sentences using the words 'and', 'because'
- To write a list of 3 using commas
- To use adjectives and their synonyms to add interest to writing
- Introduce shades of meaning (the Shade-o-meter)

Reading:

- To understand the features of a biography and how they communicate facts
- To clearly reread books to build up their fluency and confidence in word reading
- To discuss word meanings, linking new meanings to those already known
- To participate in discussion about what is read to them, taking turns and listening to what others say
- Whole class reading of the following texts: The Great Jam Sandwich, Oliver's Fruit salad, Oliver's Vegetables, Mr. Wolf's Pancakes
- To look at different recipes

DT:

- Use the basic principles of a healthy and varied diet to prepare dishes.
- Select from and use a range of tools and equipment to perform practical tasks [for example, cutting, shaping, joining and finishing].
- Select from and use a wide range of ingredients.

How Long?

3 weeks

When?

Term 1: Week 1-3

Continuous Learning: SPAG, Maths, Music, PSHE, French, PE

Key Questions:

What does balanced diet mean?

Name the different food groups.

Name some ways we can keep fit.

What happens to our bodies when we exercise?

Is the heart a muscle?

Can you remember any famous nurses and explain why they are famous?