



# What Does It Take To Be Healthy?

Year 2 - Spring 2022

Children will focus on scientific concepts by understanding the needs of animals and humans. They will understand what we need in order to develop, grow and survive. Children will investigate and learn about what our bodies need in order to function daily. Through the study of PSHE and RE, children will also learn about how we need to keep our minds healthy and how social development can also impact our wellbeing.

In History, the children will be learning about how **significant** people from the past have helped others and what we can learn from them.

In DT, children will design, create and **critique** their own healthy smoothies. They will gain an understanding about the process of making a smoothie by exploring where the raw ingredients come from (linking to our planting experience), the costing of using these and the **benefits** of certain types of foods. In English they will write step by step instructions on how to make their smoothies.

**Teamwork** will be demonstrated by producing a top tips sheet in groups, which will consist of all their learning throughout the project. This will include aspects such as diet, exercise, sleep, water and mindfulness. By **collaborating** their learning, the children will create a book detailing what it actually takes to be healthy.

The children will become more **empowered** about making the right **choices** and **encouraging** others to do the same. They will have the knowledge and **vocabulary** to **educate** others by being able to **communicate** their understanding more clearly and in detail.

The project will help children and others to develop **resilience**, as they will understand that they are required to make life styles changes which will show the benefits over time. This will also encourage them to **RESPECT** others based on their **differences** and **choices**.

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Outcome 1

Planting our own vegetables.

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Outcome 2

Write instructions on how to make smoothies.

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Outcome 3

Photographs of our healthy smoothies.

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Outcome 4

Using Purple Mash to create a 'Top Tips' sheet on how to be healthy.

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Final Outcome

A book featuring all our learning about how to be healthy.

Sparkling Start

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Immersive day exploring multiple healthy activities including planting, fruit/veg/smoothie tasting, HIT workout session and meditation.