

Computing

- 'We are Bloggers' - sharing views and opinions
- 'We are interface designers- designing an interface for an app.
- Staying safe online -making healthy choices
- Recording data and creating graphs

Science

- A Healthy and Balanced Diet: Food groups, inadequate diets, food labels and content
- Making healthy choices about what we put into our bodies
- Making healthy choices (including medicines and drugs)
- What happens to food in our bodies?
- Effect of exercise on our bodies (Health Matters Programme)
- The Circulatory System
- Human development/lifecycle

PHSE

- What is a healthy lifestyle?
- Making healthy choices about diet and activity
- Keeping our minds healthy
- Healthy friendships

Music

- How does music affect our health and wellbeing?
- Physiologically (e.g relaxing music or lively music affect heart rate and blood and pressure)
- Mood: Music can relax us or inspire and motivate us.
- Does listening to music make you clever? (e.g Mozart effect)
- Continue recorder work from yr4
- Singing and using percussion instruments
- Compose and perform own work

Fighting Fit Topic Web

Time Zone



Autumn 2017

History

- Horrible Healthy Histories
- Developments in healthcare and medicine over the ages including the Tudors and Victorian periods as well as the introduction of the NHS
- Health and medicine in a contrasting culture e.g South America or Middle East

Geography

- Where does our food come from?
- (Local vs imported, sustainability)
- Grow some food ourselves
- Discovering foods from around the world
- Which cultures have the healthiest diet?

DT: Cooking and Nutrition

- Plan and cook a healthy meal
- Prepare and cook a savoury dish using a range of cooking techniques
- Understand seasonality and know where and how a variety of ingredients are grown, reared, caught and processed (link to Geography work)

Art/DT

- Design packaging for a healthy new food product, based on the research and development into innovative, functional, appealing products that are fit for purpose, aimed at particular individuals or groups.
- Study of work by Anton Gaudi, developing an understanding of the historical and cultural development of his art
- Giant fruit sculptures in style of Gaudi sculptures on Sagrada Familia