



# Inside Out



<p><b>Rationale</b>  A New Year and a New Me!  Prompted by a request to go swimming and the children’s enjoyment of food preparation and exercise, this term’s topic was focused on nurturing a healthy lifestyle and gaining an understanding of what animals, including humans need for survival. As well as this the children learnt about the importance for humans of exercise, eating the right amounts of different types of food, and hygiene, as well as staying safe.</p>		
<b>Creativity</b>	<b>Independence</b>	<b>Aspiration</b>
Healthy menus, food preparation and exercise routines.	Building up an exercise routine.	To make healthy eating and exercise a way of life.  Learn new cooking skills.
<p><b>Spark</b>  We visited Stamford Leisure Pool, where we learned about the role of the lifeguard, how to be safe when visiting a swimming pool, and we went swimming.</p>		<p><b>Learning Celebration</b>  We shared our favourite healthy cereals with our grownups at a school celebration of learning event.</p>
<p><b>Role Playing/Life Skills/Real Learning</b>   During our tour of Stamford Leisure Pool, we learned about pool safety and the roles of the different adults at the pool. We experienced a group exercise class at Westside Gym and we learnt through personal experience, that there are many different ways of exercising to be healthy. As well as enjoying a breakfast fortnight, we washed up our own dishes! We were visited by two paramedics and a trauma staff nurse so that we could learn about their roles, keeping ourselves safe and what to do in an emergency.</p>		<p><b>Community Cohesion</b>   Through our class blog, we have shared our learning and real life experiences.   We have met with local businesses that provide opportunities to live a healthy lifestyle.   Our enthusiasm and positive learning attitudes gained us an open invitation to return to Westside Gym when we are older to try out the gym equipment.</p>
<p><b>Out of Classroom Opportunities</b>   Stamford Leisure Centre  Westside Gym  Ambulance Service Visit</p>		<p>Home Learning Activity   <a href="http://www.shakeupyourwakeup.com/breakfast-week/get-involved">http://www.shakeupyourwakeup.com/breakfast-week/get-involved</a>  <a href="http://www.topmarks.co.uk/Interactive.aspx?cat=62">http://www.topmarks.co.uk/Interactive.aspx?cat=62</a></p>
<p><b>Computing and E-safety</b>   As part of E-Safety day we learned about the importance of keeping our personal information safe and who we can trust to share some of our personal details with through Hector’s World.  <a href="https://www.thinkuknow.co.uk/5_7/hectorsworld/Episode2/">https://www.thinkuknow.co.uk/5_7/hectorsworld/Episode2/</a></p>		



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Links to discrete subjects: Literacy Maths RE Music MFL PHSE

## Literacy

Keeping with the theme of food, we learned about Traditional Tales throughout this topic, enjoying *The Little Red Hen*, *Goldilocks and the Three Bears*, *The Magic Porridge Pot* and many more. After a motivational visit from the author Billie Bob Buttons, we not only retold one story and reimagined another, but we also wrote our own.



When we wrote our stories, they had settings with a difference. We enjoyed the book *A World of Food* by Carl Warner and used this as a stimulus to create food settings for our traditional tales, which led to some amazing descriptive vocabulary.



We enjoyed more stories during our Book Week, when we had a story swap, dressing up day, book quiz and enjoyed a Readathon out on the patio in the spring sunshine.



## Maths

We represented our views and findings about different breakfasts through tally charts, pictograms and block graphs, sharing our findings with everyone through a display.

## PHSE

We learned not only what we need to survive, but how to live a healthy lifestyle, through healthy eating and exercise. We also learned how to keep ourselves safe and what to do if we are ill and need help.

## Science

We learned about the basic needs of animals including humans.

## RE

Keeping the food theme, we retold the miracle of the Feeding of the Five Thousand and we wrote an explanation about the events leading up to Easter, enjoying pancakes and hot cross buns along the



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way.



## British Values

Children gained knowledge and understanding to enable and empower them to make informed choices. Our topic involved children's thoughts, ideas and questions throughout to direct learning. It gave them the opportunity to make informed choices about their own lifestyles, both now and in the future. We learned about keeping safe and taking responsibility for our own behaviour, making links with the local authorities, such as the ambulance and fire service.

## Promoting Health and Wellbeing

Whilst looking at what a human needs to survive, the children learned about healthy eating and exercise.

## Steps to success

Our topic began with a visit to Stamford Leisure Pool, where we learned about the roles of the adults, pool hygiene and safety and had a swimming lesson. We thought about swimming as a means of exercising to be healthy.



We then visited Westside Gym, to find out about other ways to exercise. We talked about healthy lifestyles and discovered what the gym has to offer as an alternative to swimming as exercise.



We used our visits as a stimulus to learn how to write a recount.

In school, we enjoyed a programme of dance and PE and for all of our visits, we walked and thought



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about walking as a great way to keep fit. Later on in the topic, we participated in a sponsored Skipathon, in aid of the British Heart Foundation, which for some of us, developed new skills for our fitness repertoire.



As well as exercise, we revisited the topic of healthy eating. We had previously thought about eating 5-a-day and eating a rainbow of colours and we had learned about the 'Eatwell Plate' to ensure that we understood what is meant by a "healthy, balanced diet", but in this topic, we extended our healthy eating to "the most important meal of the day", breakfast. We took part in the "Shake up Your Wakes Ups" National Breakfast Week (<http://www.shakeupyourwakeup.com/breakfast-week/get-involved>), except that we had a breakfast fortnight! The first week, we sampled a range of healthy cereals and the second, different healthy bread products. We then reflected on which ones we most enjoyed and which kept us going throughout the morning for longer. As well as keeping a breakfast diary, we represented our views in the form of tally charts, pictograms and block graphs.



So, having considered healthy eating and exercise, which left us one important thing that animals and humans need to survive: water. We were visited by Rachel Harvey of Anglian Water and she told us where water comes from, the role of Anglian Water in getting clean water to us and why water is so important for humans. We used this learning to write an explanation.



## How will the project be evaluated?

The children shared their learning through class displays and open events.