



# Food, Fitness & Fun:

## Year 3 Summer Term 2026 Overview



### Beyond the Classroom

This term, Year 3 students at Heally's Church in Wales will explore the "Food, Fitness & Fun" theme. Using Charlotte's Web as a literacy anchor, the curriculum integrates health, science, and community action to teach pupils the positive effects of a healthy lifestyle.

### Integrated Learning Goals

**Authentic Experiences**  
Pupils will learn about the process of making cheese from a local cheddar factory. They will have the opportunity to grow their own vegetables

**Health & Holistic Science**  
Studying balanced diets, animal life cycles, and maintaining active lifestyle logs.

**Community & Career Focus**  
Children will explore the importance of food bank and explore careers as chef and fitness instructors.

**Maths in Action**  
Writing healthy recipes while exploring fractions, mass, and water capacity through drink measurements.

**Connecting with the Locality**  
Exploring locally sourced food tracking where global foods originate. Comparing our farm to a Turkish farm.

**Expressive Arts**  
Studying Heather Geller folk art landscapes Farm yard sound effects to retell Charlotte web. Spider web weaving.

**Literacy**  
Writing "Recipe for Healthy Living" and a food diary. Mapping Ferns farm. Hot seating characters

**Digital & Design**  
Creating information leaflets on animal care and food collages.

**The Literary Hook**  
Using E.B.W. White's Charlotte's Web to compare local farming with fictional agricultural settings.