

CLASS:
Y2

HENLLYS CHURCH IN WALES

TERM:
SUMMER
2026

FOOD, FITNESS AND FUN!



This topic helps us discover how to live a healthy and balanced lifestyle! We will explore food, fitness and fun through hands-on activities, investigations and creativity. We'll learn, make connections and share our knowledge with others!

THE FOUR PURPOSES OF THE WELSH CURRICULUM



ETHICAL, INFORMED CITIZENS

who are ready to be citizens of Wales and the world.



ENTERPRISING, CREATIVE CONTRIBUTORS

who are ready to play a full part in life and work.



AMBITIOUS, CAPABLE LEARNERS

who are ready to learn throughout their lives.



HEALTHY, CONFIDENT INDIVIDUALS

who are ready to lead fulfilling lives as valued members of society.

SIX AREAS OF LEARNING (AoLEs) AND THEIR ACTIVITIES

1 HUMANITIES



- We explore healthy meals from different cultures, comparing food, traditions and ways of life.

Skills: identity, diversity, comparison, respect, belonging

2 SCIENCE AND TECHNOLOGY



- We investigate growing conditions that plants need by planting seeds such as cress and radish.

- We explore pattern over time.
- We develop digital skills through block coding.

Skills: observing, investigating, pattern, digital skills

3 HEALTH AND WELL-BEING

- We explore balanced diets and how diet affects our physical health and well-being.
- We design our own balanced meals.



Skills: healthy choices, understanding health, decision-making

4 EXPRESSIVE ARTS



- We create Keith Haring-inspired 'movement' paintings.
- We work collaboratively to share ideas and express ourselves.

Skills: creativity, design, collaboration, self-expression

5 MATHS AND NUMERACY



- We measure jumping distances using metre sticks.
- We measure cress growth using rulers.
- We measure running tracks using trundle wheels.

Skills: measuring, accuracy, comparing, estimation, problem solving

6 LITERACY, LANGUAGES AND COMMUNICATION



- We interview visitors who are experts in fitness and health.
- We create non-fiction texts to share information and tell others what we have learned.

Skills: speaking, listening, questioning, writing, sharing information

DECOLONISING CURRICULUM OPPORTUNITIES



- Explore meals from a range of cultures.
- Value local Welsh identity alongside global perspectives.
- Include movement from different cultures (dance, rhythm, games).
- Link to cultures represented in our class and community.

REAL LIFE EXPERIENCES



INTERVIEW EXPERT VISITORS



HANDS-ON INVESTIGATIONS



PHYSICAL ACTIVITIES



CREATIVE PROJECTS

WHOLE SCHOOL WELLBEING DAY!



OUR FINAL PROJECT

We will bring everything we have learned together to share our knowledge of healthy living with others through a collaborative final project!



★ ★ ♥ EAT WELL • MOVE MORE • FEEL GREAT • HAVE FUN!

