

Fitness, Food, and Fun: Summer Term 2026

Comprehensive Year 5 Curriculum Map (Blwyddyn 5) | Integrating Core Subjects with Health, Wellness, and Creativity



Global and Spiritual Perspectives

Exploring food and sporting traditions across different climates, faiths, and historical eras.



Focus on Wellness and Values

Prioritizing mental health through mindfulness and exploring values of justice and thankfulness.



Multilingual Expression

Developing communication through performance poetry, persuasive fitness posters, and French and Welsh language.



Scientific Investigation and Nature

Conducting plant nutrient experiments, astronaut training, and investigating the natural fruits of Earth.



Numeracy through Physical Performance

Applying fractions, decimals, and percentages to track heart rates, steps, and personal bests.



Creative Design and Technology

Inventing new dishes and mocktails while utilizing coding and multimedia for film production.