

# Food, Fun and Fitness

## Henllys CIW Year 6 Summer Term



### Ambitious, Capable

Setting SMART targets for fitness and challenging ourselves across all subjects.



### Enterprising, Creative Contributors

Creating original ideas and sharing them in our school.



### Ethical, Informed Citizens

Exploring religion, researching the origins of global food and sharing.



### Healthy, Confident Individuals

Participating in the Daily Mile, trying diverse healthy foods from around the world.



### Languages, Literacy and Communication

**Explain and Inform:**  
Biographies of Sporting Icons  
Foods and activities around the world  
Research skills

### Recipes with a Twist

Writing instructional texts for exciting recipes.

### Playscripts

End of Year production



### Mathematics and Numeracy

#### Meal Plan Budgeting

Developing financial literacy by calculating the cost of different foods and managing a set budget.

#### Nutritional Data Handling

Using percentages and graphs to analyse sugar and protein levels in different products.

#### The Physics of Sport

Applying the distance-speed-time triangle to measure athletic performance on the school yard.



### Humanities

#### Faith and Food

Investigating religious dietary requirements, prayers, and customs, specifically within Sikhism and Christianity.

#### Cultural Origins

Tracing the history and geographical roots of popular global foods to see where they actually originated.

#### Global Societies

Describing the links and connections between different cultures through their shared love of food and sport.



### Expressive Arts

Using still life art techniques to capture depth and practise observation skills

#### Fruit and Vegetable Design

Creating original produce designs and illustrating them and using them to market their specific nutrients benefit the human body.

#### Leavers Production

Composing and performing original songs in our leavers production



### Science and Technology

#### Biological Investigations

Observing food over time and testing different elements for profit.

#### Human Performance Testing

Conducting heart rate experiments and using pattern systems to find the best exercises for cardiovascular health.

#### Future Food Tech

Explaining how behind sustainable alternatives.



### Health and Well-being

#### Daily Activity & Mindfulness

Consistently participating in the Daily Mile, athletics, cricket, and gymnastics sessions.

#### Peer Leadership

Developing confidence and social skills by learning sports and games to teach to younger pupils.

#### Relationships

Learning to live a healthy lifestyle.