


<ul style="list-style-type: none"> • Create a video about how to wash hands properly • Motion capture animation- focus around hand washing, taking a shower, going to the doctors story, growing up from a baby in to a young adult. <p>Creativity</p>	<ul style="list-style-type: none"> • Learn Makaton sign for different foods • Keep a picture/word food/exercise diary • Write letters using different foods to mark make <p>Communication</p>	<ul style="list-style-type: none"> • What nutrients are in different foods. • Measure different actions of the body – Stride length, flexibility • How much exercise do we need to do to burn off the energy in a.....? <p>Reasoning</p>
<ul style="list-style-type: none"> • Visit to Hotel Chocolate/Cadburys world • Visit to a leisure centre • Visit to a mountain or large hill • Visit to a park, farm <p>Experiences</p>	 <p><i>Semi-Formal Topic Web</i></p> <p>KS4A <i>Topic</i> Looking after myself</p> <p>Spring 1 3 weeks</p> <p><i>Key Text</i> What About Health? - Food</p>	<ul style="list-style-type: none"> • Play dough activity- body/self sculpture (transferrable to creativity animation activity) <p>Sensory</p>
<ul style="list-style-type: none"> • Create a training plan and carry out the exercises • How much energy has been burned off doing different exercises? • Regular walking for health and wellbeing. • Perform a fitness activity focusing on effects of exercise on body- place hands on heart before-during-after <p>Movement</p>	<ul style="list-style-type: none"> • Personal Hygiene timetable- what needs to be done daily? • How to clean myself properly- using shower gel, shampoo, bath/shower, clean towels, finger/toe nail maintenance, hair cut. • Teeth brushing activity • Sorting activity- where do I go if... <p>Myself</p>	<ul style="list-style-type: none"> • Mash food with pestle & mortar to simulate digestion in the mouth. • Grow mould on food, observe with magnifying glass. Caution – mould not to be handled by students. • Planting seeds in allotments / greenhouse <p>Our World</p>

exercise- what has happened to our heart?

e.g I don't feel well, I need to send a letter etc. (doctors, supermarket, pharmacy etc.)