



Quartz Class – Summer Term 2018

Dear Parents and Carers,

Over the next weeks in Quartz will be following a unit of work on a theme that focuses on 'Health and fitness'.

Each unit of work is based around specific targets derived from the learning goals for one or more of the subjects.

During this unit we will be focusing on Science, Physical Education, Society and International.

In Science, we'll be finding out:

- About the human skeleton, organs and muscles
- How the human heart works
- What is meant by a balanced diet
- How the digestive system works
- How to look after our teeth
- About the harmful effects of cigarettes and alcohol
- How much physical exercise we need
- About the effects of physical activity on our heart rate

In Physical Education, we'll be finding out:

- About the benefits of physical activity
- How different movements work different parts of the body
- How a fitness plan can improve our body's health

We will be finding out:

- About germs and how they are spread
- How much sleep we should have
- How food advertising influences us
- About our food preferences
- How different countries keep fit
- About World Health Day



SHAPING



Children will be reading, researching, writing, illustrating, working on their own and working in groups. We will be checking to see how well your child has learned through particular activities and asking children to explain their work, perhaps to you.

We already know the interest you take in your child's work. If you can, please discuss with your child the work they have done as the term progresses and let them teach you.

Your child might ask you questions about their own and your health and fitness. They might ask general questions about the workings of the human body, exercise and healthy eating.

If your child has some work to research, please help them, but without actually doing the work. If you have the chance to further their interest in the ideas of this theme please take it, but your enthusiasm and interest is most important.

If you have any comments about or questions about your child's learning, please get in touch.

Thank you for your support

Mrs Kossowicz and Miss Edgington

