



During this half term our enquiry is:

What does it mean to be ‘fit for life’?

Through this short enquiry children will explore the question ‘What does it mean to be fit for life?’ They will revisit learning from year 3 and Year 4 about the main body parts and internal organs (skeletal, muscular and digestive system) to explore and answer questions that help them to understand how the circulatory system enables the body to function. The context for this enquiry comes from the fiction text ‘Pig Heart Boy’ by Malorie Blackman in which a boy receives a pig heart transplant. This text will stimulate learning in Science where children will explore how similar a human heart is to other animal hearts; investigate the impact of diet and exercise on the way their bodies function and explore the spread and impact microorganisms (specifically viruses). Through PSHE, P4C and circle time children will discuss and debate the ethics involved in using animals to medically benefit humans; they will explore how to make choices and build habits that keep them fit both mentally and physically; and discuss the concept of respect for all living things.

Subject	Activities / areas to be covered in school	Possible learning at home
English	<p>In English this half term, the children will begin by reading a range of non-fiction texts about the heart, circulatory system and the impact of diet and exercise on our bodies. Through their reading, they will retrieve and learn some of the core knowledge linked to our science-based enquiry and practise navigating, retrieving and summarising key information from non-fiction. We will then move on to read a fictional narrative, Pig Heart Boy by Malorie Blackman. This text follows the story of Cameron Kelsey, who just wants to be a normal teenager. He has a mostly normal teenage life – mates, bullies, parents who argue, a girl he fancies but isn’t sure she fancies him back. But he is a teenager with a big problem – following a viral infection, he has been told his heart is going to give out and his prospects look bleak. Until, that is, he is offered a controversial, uncertain, untried and untested solution, to have his failing heart replaced with a healthy pig’s heart. This powerful novel explores themes of choice, ethics, family and what it means to be a teenager. The children will have the opportunity to write in role, explore how the main character is developed, debate the pros and cons of different decisions and write their own powerful openings linked to this text.</p>	<p>Hacker is another great text by Malorie Blackman. This fictional thriller is all about hacking computer files to prove the innocence of Vicky, the main protagonist’s father. There is one available on your class bookshelf – why not give this a go as your next read?</p>




<p>Maths</p>	<p>In maths this term the children will continue to develop their arithmetic skills on a daily basis. Application of these skills will be practised through reasoning questions regularly to ensure fluency.</p> <p>We will begin by completing our fractions, decimals and percentages unit, learning how to convert between the three.</p> <p>From there, we will begin looking at algebra. Children need to learn the meanings of the terms “input”, “output”, “function” and “rule”. At first, they are given a number, told what to do to it using any of the four operations and calculate the output. They then move on to finding the input from a given output, using inverse operations.</p> <p>Finally, children explore examples where the input and output are given, but the function is not. They should recognise that one rule may fit for some of the numbers given, but not for all, and that they need to find a rule that works for all the numbers.</p> <p>Towards the end of the half term, children will be learning about ratio.</p>	<p>Keep practising those times tables through Times Tables Rock Stars (TTRS) as you need to keep your recall knowledge sharp. You might want to explore other ways of learning your tables using singing videos on Youtube.</p> <p>Here are some maths games the children can play online: https://whizz.com/year-6-maths-games/</p> <p>https://mathsframe.co.uk/en/resources/category/22/most-popular</p> <p>https://thirdspacelearning.com/blog/maths-games-ks2/&22-maths-games-for-year-6- https://thirdspacelearning.com/blog/maths-games-ks2/&22-maths-games-for-year-6-</p>
<p>Science</p>	<p>During this unit of work, children will learn about the importance of the circulatory system and how it transports oxygen around our body. They will learn about the heart and how it is an important muscle in our bodies. Children will learn about their heart rate and different activities that can increase the heart rate. Children will learn about being healthy and things they can do to lead a healthy lifestyle as well as learning about things that people do that can cause them to be unhealthy. Children will also dip into the subject of microorganisms – specifically viruses and their spread and impact – in order to enhance their understanding of the class text.</p>	<p>Practise your Scientific enquiry skills:</p> <p>Research – How have our ideas about disease and medicine changed over time? Find out about a key scientist linked to the topic: <i>Justus von Liebig</i> (Theories of Nutrition and Metabolism) <i>Sir Richard Doll</i> (Linking Smoking and Health Problems) <i>Leonardo Da Vinci</i> (Anatomy)</p> <p>Pattern Seeking – Plan an investigation to find out if there is a pattern between what we eat for breakfast and how fast we can run.</p> <p>Observation over Time – How much exercise do you do in a week? Keep a diary and use this to draw a bar chart or graph.</p> <p>Comparative Testing – Plan an investigation to find out ‘How does the length of time we exercise for affect our heart rate?’</p>
<p>DT</p>	<p>In Design and Technology this term, Year 6 children will be working within our enquiry theme “<i>Fit for Life</i>”, where they will be exploring healthy eating. Using this as inspiration, pupils will design and create healthy “fake aways” based on their favourite takeaway-</p>	<p>Cooking together is a great opportunity to discuss healthy choices, read recipes and talk about how ingredients can be adapted to make meals healthier. When shopping, children can</p>



	<p>style foods. They will research a range of recipes and learn how ingredients can be adapted or substituted to make dishes healthier while still being enjoyable. Throughout the process, children will develop key DT skills such as researching, designing, evaluating and understanding nutrition, helping them to make informed food choices for a healthy lifestyle.</p>	<p>help read food labels, compare nutritional information and identify healthier alternatives. You could also explore favourite takeaway meals and talk about how these could be recreated at home as healthier “fake aways.”</p>
<p>Physical Education</p>	<p>This half term, year 6 will be taking part in PE on Thursdays and Fridays.</p> <p>On a Thursday afternoon, we will be doing Gymnastics in Indoor PE.</p> <p>On a Friday afternoon, Year 6 will take part in outdoor PE with Mrs Black. Make sure you have outdoor footwear and weather appropriate clothing.</p>	<p>I wonder if you can set yourself a physical challenge to help you keep fit and healthy this half term.</p> <p>How does exercise make you feel? Consider how you feel before, during and after physical activity.</p>
<p>PSHCE</p>	<p>In PSHCE this half term, the children will learn about how to keep themselves physically fit and healthy. We will begin the half term by focussing on healthy eating and what makes up a balanced diet. This develops the children’s knowledge from key stage one, about different food groups and how food affects their bodies. They explore what people should eat more or less of and consider the issue of hidden sugars. Pupils also learn about simple food swaps and ideas to help them develop healthy eating habits. We go on to discuss situations where choosing the healthier option may be more difficult and explore the link between outside influences, personal and social choices; and how to manage situations sensitively by taking a balanced approach. The children then have the opportunity to plan and prepare a family meal. This is designed to give pupils the skills and confidence to try cooking at home and is linked to our DT for this half term: cooking and nutrition. Towards the end of the half term, the children learn about different types of exercise needed to grow healthy bodies and minds. It focuses on developing healthy habits, variety and balance, including integrating short bursts of physical activity across the day to gradually increase physical activity. We also discuss the benefits of living healthier lifestyle as well as some of the barriers that can arise and work together to explore possible solutions.</p>	<p>Watch the video below:</p> <p>https://campaignresources.phe.gov.uk/schools/resources/be-food-smart-film-2</p> <p>After watching this film pupils can:</p> <ul style="list-style-type: none"> • find out how much sugar, saturated fat and salt is in their food and drink • compare different products based on their nutritional content • use all of this information to make healthier choices <p>Download the Be Food Smart App on a tablet or smartphone. Scan the bar code on different food packaging to investigate the contents.</p> <p>What can your report back?</p>



		<p>https://apps.apple.com/gb/app/nhs-food-scanner/id1182946415</p> <hr/> <p>Help out with planning a family meal at home and the grocery shopping. Can you identify the food groups you are consuming throughout the day?</p>
Music	<p>This half term, the children will explore music technology through YuStudio, a digital audio workstation (DAW) accessible via Yumu. They will work on the Hip Hop Project, a six-lesson course that guides them through creating their own Hip Hop track. With mentorship from leading artists, students will learn to craft drumbeats, basslines, melodies, chords, and sound effects. Throughout the project, they will experiment with YuStudio to compose original music. By the end, students will reflect on their learning and have the chance to plan or perform their tracks, showcasing their creativity and musical skills.</p>	<p>Explore different hip-hop artists such as: Will Smith – Known for his clean and upbeat rap style, Will Smith’s music focuses on positive messages and fun themes, making him a great choice for younger listeners. The Sugarhill Gang – Pioneers of hip-hop, their classic hit “Rapper’s Delight” is a fun and lighthearted introduction to the genre, with clean lyrics that focus on rapping as a form of creative expression. Common – Known for his socially conscious and uplifting lyrics, Common’s music often promotes peace, love, and unity, making him an excellent choice for children. Salt-N-Pepa – This female hip-hop trio is iconic and their music, such as “Push It,” is energetic, fun, and family-friendly, providing a positive, empowering message for young listeners. Diggy Simmons – As the son of Rev Run from Run-D.M.C., Diggy’s music is clean and offers a positive influence with messages of ambition and self-expression.</p>
Computing	<p>In this unit, pupils will build on their existing coding skills by learning how to use variables in a new programming environment and by working with a physical device. Linking to our enquiry “<i>Fit for Life</i>”, children will be designing and creating their own step counter, helping them understand how technology can be used to support a healthy lifestyle. They will combine what they have already learned about coding in previous years and apply it in a more purposeful, real-life context. To support children in understanding how programs are created and how they work, we use a clear step-by-step approach:</p> <ul style="list-style-type: none"> • The task – what needs to be made (a step counter) • The design – what it should do 	<p>Talking with your child about healthy lifestyles and how technology can support fitness (such as step counters or fitness apps) will help reinforce the enquiry theme “<i>Fit for Life</i>.” Children could compare different step counters or fitness trackers at home and discuss what information they collect and how they might work.</p>

	<ul style="list-style-type: none"> • The code – how it is programmed • Running the code – what happens when it runs 	
<p>French</p>	<p>In French this term, pupils will be developing their language skills through the theme of healthy living, linking closely to our <i>“Fit for Life”</i> enquiry. Children will learn to name and recognise a range of foods and drinks that are both good and bad for their health, helping them to build useful everyday vocabulary. They will also practise speaking about the activities they do during the week to keep fit and describe, in simple sentences, how they maintain a healthy lifestyle. To bring their learning to life, pupils will follow and create a healthy recipe in French, giving them the opportunity to apply new vocabulary and phrases in a fun and practical context.</p>	<p>A great app, which you can use for free, is ‘Duolingo’. Make sure you choose French as the chosen language.</p> 
<p>Homework</p>	<p>Each week, the children will receive homework on a Friday. This should be returned to school the following Wednesday.</p> <p><u>Reading</u></p> <ul style="list-style-type: none"> • All children will have a <u>reading record</u>. The expectation is that children in year 6 read for a sustained period of time each night and really ‘get into a good book’. Their reading record should be returned to school each Friday to be checked by a member of staff who will change reading books when needed. • Although many children in year 6 are fluent readers and are likely to be reading independently by this age, parents/carers still need to hear them read out loud to develop their fluency and expression in harder texts. <p><u>Spelling</u></p> <ul style="list-style-type: none"> • Each week, the children will learn and focus on a spelling rule or word(s) from the year 5/6 statutory word list. Children will have spelling activities as part of their homework - this will be in preparation for a spelling test each Monday. <p><u>Maths</u></p> <ul style="list-style-type: none"> • Maths homework will focus on children’s fluency skills and will be linked to the week’s learning. The children should be familiar with the style of questions on the homework and use this as an opportunity to practice and rehearse their skills. <p><u>Punctuation and Grammar</u></p> <ul style="list-style-type: none"> • Punctuation and grammar questions may be set as part of homework and will reflect the focus of the week’s learning. <p><u>Enquiry – Wider Curriculum</u></p> <ul style="list-style-type: none"> • There are suggested activities in each half term’s overview linked to the wider curriculum to complete at home. In addition, the children may 	

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receive some homework linked to the curriculum enquiry. This will be optional project/creative activities.

In year 6 we aim to get the balance right and work with parents to best prepare children for the expectations of each stage of learning. It is worth noting that getting children into the habit of regular homework prepares them for the demands of secondary school. If a child in year 6 does not complete the homework set on a regular basis the child will be expected to complete it in their own time. We expect everyone to be treated equally and all children are required to complete homework. Class teachers are available to support and help children with their homework if they are stuck or unsure – please do not hesitate to ask.