



Llangewydd Junior School – Ysgol Iau Llangewydd

Year 3 - What will we be learning about this term/next half term?



Our new Health and Well-being driven topic is 'Let's Get Fit and Funky'. We hope to cover as much of the content, skills and experiences shown below as possible but this may change as Pupil Voice leads our learning into other areas.

Languages, Literacy and Communication

- Instructional writing – recipes for Fairtrade smoothies.
- Narrative writing – a comic strip based on a food superhero.
- **Welsh** – Foods – Bwyd (likes and dislikes).
- **Welsh/French** – Foods.
- **Welsh** reading – Nici a Cris story – Pa Glwb?

Mathematics and Numeracy

- Venn diagrams – healthy and unhealthy foods.
- Capacity / volume – making smoothies and converting standard units of measure – *ml and l*.
- Measuring height, weight, shoe size using standard and non-standard units of measure.
- Time – units of measure – seconds in a minute, minutes in an hour, hours in a day. Timed relays linked to sports.
- Costing/budgeting of a healthy meal. Use of supermarket website.

Science and Technology

- Healthy eating – healthy and unhealthy foods.
- Food groups – what is a healthy, balanced diet?
- Design a healthy lunchbox.
- Functions of the skeleton, muscles and different body organs.
- Investigation: how the body is affected by exercise/ recovery times.
- Use of *Animate Anything/Morfo* App to animate organs of the body/skeleton – giving facts.
- 48 Hour Digital Detox.
- Use of J2Data to construct a spreadsheet to show diet /exercise over a week.

Our **Four Purposes** inform all our learning:

- ambitious, capable learners
- enterprising, creative contributors
- ethical, informed citizens
- healthv. confident individuals



Summer Term 2 2024

Year 3

Let's Get Fit and Funky (Health and Well-being bias)

Cross-curricular Responsibilities inform all our learning:

Literacy, Numeracy and Digital Competency

Expressive Arts

- Fairtrade collage using packaging of Fairtrade food items.
- Making Fairtrade keyrings.

Humanities

- Where does our food come from? Who grows our food?
- Food miles and Fairtrade.
- Use of atlases/world map to plot where our food comes from.

Health and Well-being

- Understanding feelings and emotions.
- Coping with stress.
- Sleep inhibitors/sleep hygiene.
- Effects of exercise on the body – temperature, breathing, pulse rate, appearance.
- How we move – the functions of the skeleton and muscles.
- How can we keep our bodies healthy? Healthy, balanced diet, exercise, sleep and hygiene.



Visitors and Visits:

Visits from guest speakers during
Careers Discovery Week
(w.b. Monday 8th July).
If you are willing to come into school to
give a talk about your career, please
contact your child's teacher.

Our Fabulous Finish celebration event:

Healthy Family Picnic
(date to be confirmed)



What my child can do:

- Let us know what they would like to learn about within the topic.
- Complete any homework tasks set by their teacher.
- Bring into school any interesting items linked to our topic.
- Read regularly – their Bug Club/school reading book, their class and school library books but also real-life texts e.g. menus, leaflets, adverts...
- Practise their times tables – Revisit the x2, x5 and x10 times tables but also learn their target times table.
- Spend some time at home using any of the interventions they use at school i.e. Lexia, Reading Eggs (some children) and Mathletics (all children).
- Practise handwriting – letter and number formation.
- Learn to tell the time (on the hour, half past, quarter past and quarter to) on analogue and digital clocks.
- Do activities that support their well-being e.g. eat well, sleep well, rest well.

What can I do to support my child's learning?

- Listen to your child reading regularly for short, sharp periods of time (avoid making reading a chore) – their Bug Club/school book, their class and school library books but also real-life texts e.g. menus, leaflets, adverts...
- Support your child with any homework tasks set by their teacher.
- Help your child to learn their times tables – Revisit the x2, x5 and x10 times tables but also learn their target times table.
- Encourage your child to use at home any of the interventions they use at school i.e. Lexia, Reading Eggs (some children) and Mathletics (all children).
- Join/visit your local library.
- Discuss the time in your everyday lives on analogue and digital clocks.
- Ensure that your child does activities that support their well-being e.g. eating well, sleeping well, resting well.
- Spend quality time with your child simply talking to them, enjoying family experiences, playing games...
Provide any enriching experiences you can e.g. visits to the theatre, museums, events, spend time at the beach....

