

Year group: 3



Topic title: What makes Bolt run like lightning?

Rationale: This topic is to help the children understand the bones that create the human body and the important part they play in movement. This will be supported by focusing on the posture that seasoned professional athlete Usain Bolt uses to blast himself away from the starting blocks at the beginning of a race. The children will then learn a song to help them remember the names of the different bones. Once completed, the class will then look at how healthy eating, a balanced diet and regular exercise helps keep the body healthy.

Hook: Play the clip from Derek Richards and then pupils will time how long it takes them to run 100m metres. This activity will allow the children to explore the different starting positions from a standing start with feet together, children then having their feet in a "get set" position stood upright and then finally in a "get set" with arched back as if they are in the starting blocks themselves. By completing this task, the children will see the importance of the body being ready to race.

Lead 1: Science

The children will:

- Learn the names of the bones in the human body
- Determine what a healthy meal consists of.
- Understand the role muscles play in our bodies?

Lead 2: English

The children will: write a set of instructions to create a healthy sandwich

- Learn how to compile a recipe for a healthy sandwich.
- Understand what imperative verbs are and the role they play in sentences.

Lead 3: D and T

The children will:

- Learn what is required to create a healthy sandwich, compiled of different food groups
- How an arm joint works by creating a model using cardboard, elastic bands and brass pins.

Applied 1: PDL: In someone else's shoes

The children will:

- Understand that there are many social groups in society in terms of culture, religion and age etc.
- Understand that people live their lives in different ways and that different cultures may have different patterns.

School Value: Perseverance

The children will demonstrate perseverance throughout this topic by:

- Working towards improving their individual times within the "race" task
- Creating the arm model using the elastic bands, as this may prove challenging initially.

Applied 2: Music

The children will:

- Create a song and dance to support their understanding of the different bones within the body.

School Value: Aspiration

The children will demonstrate this value by:

- Striving to improve their own time during the "race" task

Outcome: The children will make a healthy sandwich for their parents who will be invited in to eat it and evaluate it with their child. This will be on the 20th October 2017. 2pm-3pm.