

## Central Idea

This statement ties the learning together to create connections and provide a context across pupils' knowledge.

# Understanding the human body enables us to maintain and improve health and mental well-being.

Words in blue do not link to the central idea.

## Lines of Inquiry

These inquiries are the phases of learning that take place, supporting the children to develop their understanding of the central idea.

1. How systems of our body work (function)
2. How humans learn about their bodies (causation)
3. How our choices affect our health and wellbeing (responsibility)

## Maths

### Place value:

- represent, partition and compare numbers to 10,000
- **Roman numerals**
- Round numbers to the nearest 10, 100 or 1,000

### Addition and subtraction:

- adding and subtracting 4 digit numbers with and without exchange

## PSPE

### PSHE:

- Physical health and Mental wellbeing
- Maintaining a balanced lifestyle; oral hygiene and dental care
- Keeping safe - medicines and household products; drugs common to everyday life

**PE: basketball**

## Computing

### Coding:

scratch

### Data: Google Sheets

- create a table and sort data
- produce a bar chart
- **Online Safety:**
- impact of device on wellbeing and ways to care of ourselves

## Social Studies

**History:** Identify ways in which people support one another in times of national and global crisis.

**Geography:** physical and human features used for wellbeing

**R.E:** What does it mean to be a Hindu in Britain today?

# YEAR 4 MODULE 1

## Science

### Animals including humans:

- Describe the simple functions of the basic parts of the digestive system in humans
- Identify the different types of teeth in humans and their simple functions

## English

**Text:** 'The Whale'

### Writing Outcomes:

Character description  
Setting description  
Poetry - Kennings

## The Arts

### DT:

Food and nutrition

- Develop an understanding of how food is processed.
- Know that a healthy diet consists of balanced food groups.



### Apps

Spelling Shed  
TTRS  
LanguageNut (Spanish)  
Hit the Button Maths

### Visit

- visit the library for books on the human body and health
- visit the Science Museum in London.
- visit a farmer's market or healthy food store

### Websites

- [BBC Bitesize: Teeth](#)
- [BBC Bitesize: Mental Health](#)
- [Healthy food guide: recipes](#)

### Get Creative

- make a life size body poster by drawing around your own body
- write a song or rap about the digestive system
- design a healthy snack

### In the Car

- read a book.
- sing a times table song
- listen to body and health podcasts
- take part in mindfulness moments by playing calm music and trying breathing exercises

### Keeping Busy

- join a local sports or activity group
- help cook a healthy family meal
- set a personal health goal e.g eat 2 fruits every day this week or sleep by 8:30 every night.

### Look Out For

- books and images about the human body
- TV programmes about living a healthy lifestyle

### IT

- create a presentation on Google Slides of the different types of teeth and how we can look after them.
- try a mindfulness or meditation app to practise relaxation exercises

### Get Outdoors

- find physical and human features in your local area that support your wellbeing
- exercise outdoors to maintain a balanced and healthy lifestyle