

# Y3 Holly Class Curriculum News – Autumn 1 2024

*'Working together to achieve success'*



Our topic this half-term is called: **'How can we live a healthy lifestyle?'** with PSHEC and Science being the main subjects. There will be lots of cross-curricular links to English, Design & Technology, Art and PE as well.

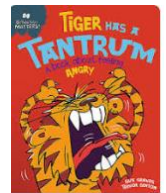
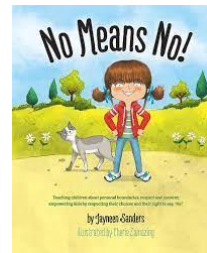
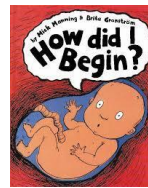
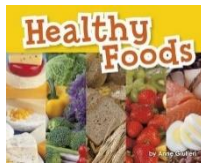
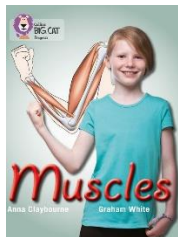
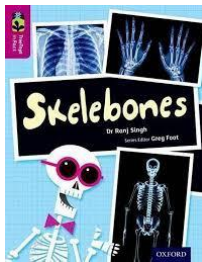
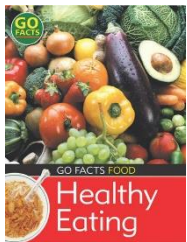


As **writers**, we will be writing to entertain, using a variety of simple, compound and complex sentences to describe, as well as nouns for precision whilst ensuring that our capital letters and full stops are being used correctly. Our focus will be on character descriptions using feelings and emotions to help us create a range of different characters such as Miss Trunchbull, from Roald Dahl's Matilda.

As **readers**, we will be using retrieval skills (Rocket Retriever) to find information to answer questions about the texts we read and to start to infer characters (Crimson Clue Hunter), thoughts and feelings from their actions. Our class novel will be The Nothing to See Here Hotel by Steven Butler. In our guided reading we will be reading a range of short texts that allow us to focus on reading to punctuation, this will allow us to read more fluently. We will also be using rocket retriever and to find evidence to our questions within the text.



This half term these books link to our PSHEC and Science focus.



As **mathematicians**, we will be developing our understanding of numbers by consolidating our place value knowledge on numbers up to 1000. There will be lots of opportunities to practice these skills practically using equipment and through a range of reasoning problems. We will then move onto mental addition and subtraction, shape and time.

As **educated citizens**, we will be learning about how to keep ourselves healthy – physically and mentally. Full details can be found at the end of this newsletter. Our whole-school value this half-term is **Kindness**.



## Y3 Physical Health and Wellbeing

- identify healthy and unhealthy choices and the positive and negative effects, including sleep, drinking water, regular exercise, fruit & vegetables and eating too much sugar, on a healthy lifestyle
- recognise healthy and unhealthy habits and that they can be maintained, changed or stopped recognise what might negatively influence them to make unhealthy choices e.g. TV and online media, peer influences etc
- understand that regular exercise such as walking or cycling and participating in hobbies and interests has positive benefits for their mental and physical health
- understand the benefits of being outdoors and in the sun for physical and mental health

## Y3 Mental Health

- match feelings to a scale of intensity and identify strong feelings

- name a wide range of feelings and emotions
- explain how feelings and emotions can influence actions and behaviour
- identify ways of coping with feelings in different situations
- explain why it is important to talk about feelings and describe how this can feel
- recognise that help, advice and support about feelings comes from different sources =
- understand that isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support

### **Y3 Friendships and Anti bullying**

- understand that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right .
- recognise and explain:
  - what my triggers for anger are
  - how our bodies change when we start to get angry
  - some ways to calm down when I start feeling angry
  - some ways to calm myself down .
- understand why it is important to calm down before I am overwhelmed by feelings of anger .
- know some ways I can stop myself being overwhelmed by feelings of anger
- explain the difference between a fall out and bullying and know how to seek help
- know that sometimes bullying is hard to spot and I know what to do if I think it is going on but I am not sure
- identify the different types of bullying and the impact it has on others

### **Y3 Keeping our bodies safe**

- Know the difference between appropriate and inappropriate touch
- Understand that they have the right so say no to unwanted touch and other contact
- Understand that it is not always right to keep secrets if they relate to being safe
- Know what to do if we feel unsafe, when finding things difficult, or when things go wrong

### **Y3 New babies**

- Understand that some adults choose to form loving, trusting and committed relationships (explore different relationships)
- Explore what makes a happy family, including physical and emotional needs
- Explore why families (including different families) decide to have children and how this impacts on their life
- Understand the importance of a happy and secure family home for children growing up . Understand that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong – see guidance below
- Recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed
- Understand how a baby is made and that babies take nine months to develop before being born . Explore the father's role in birth and gender roles when caring for babies and children

### **Y3 Healthy Eating**

Eating a healthy, balanced diet is an important part of maintaining good health, and can help you feel your best. At Mossgate we teach about healthy eating using the 'Eatwell Plate'. This guide shows that to have a healthy, balanced diet, people should try to:

- eat at least 5 portions of a variety of fruit and vegetables every day
- base meals on higher fibre starchy foods like potatoes, bread, rice or pasta
- have some dairy or dairy alternatives (such as soya drinks)
- eat some beans, pulses, fish, eggs, meat and other protein

- choose unsaturated oils and spreads, and eat them in small amounts
- drink plenty of fluids including water, sugar free drinks and limit the intake of sugary and fizzy drinks (at least 6 to 8 glasses a day)

### Y3 Medicines and Drugs

- Classify drugs, medicines and substances and understand the dangers
- Understand what good physical health means and how to recognise early signs of physical illness
- Understand that common illnesses can be quickly and easily treated with the right care e.g. visiting the doctor when necessary
- Understand the difference between drugs and medicines

As **scientists**, we will be learning all about animals' skeletons and movements. We will investigate the skeletal system and how our muscles help us to move. We will also be comparing and contrasting how different animals have different diets and the importance of having a well balance nutritious diet to help fuel our bodies properly.



As **sports people**, we will become gymnasts by learning a variety of different ways to travel and balance. Towards the end of this unit, we will create a sequence incorporating a variety of balances and travelling movements. Throughout the half term, we will also be using our enrichment session to focus on the importance of a healthy lifestyle and exercise. Children will need to wear their **PE kits** every **Wednesday**.

As **designers**, we will be designing, making and evaluating omelettes. Throughout this process we will be evaluating other recipes already available and drawing inspiration from these to create our own recipes. Our friends and family will sample our omelettes and provide feedback.



As **artists**, we will use different media to draw cut fruit and vegetables using a range of lines. We will also explore mixing colours using paints to create colours that compliment and contrast one another. The children will then transfer their fruit or vegetable drawings onto a polystyrene tile and use their paint to create a print design!

As **linguists**, we will begin our French language learning journey with Mrs Boswell every Tuesday. We will start by learning how to greet people, introduce ourselves and say how we are feeling. We will learn how to ask and answer questions and how to count up to 10. Once we are confident in using the new language, we will begin writing in French. By the end of the unit, we will be able to say and write a short description about ourselves. We will also be able to read a short description written in French and tell somebody what it says.



As **theologians**, we will be answering the question, How and why have some people served God? The unit will focus on Christianity and how God is seen as the Light of the World. We will read different stories in the Bible and identify the messages they give Christians. RE will continue to be taught by Mrs Taylor on a Tuesday afternoon.

### Key Vocabulary

**Science:** food/feed/feeding, growth, activity, healthy, unhealthy, nutrition, exercise, choice, balanced diet, lifestyle, adequate and varied diet, the right types and amount of nutrients, vegetables, meat, fish, sugars and starches, fruit, fats, diet, activity, evidence, conclusion.

**PSHEC:** triumphant, enthusiastic, eager, irritated, fierce, furious, sorrowful, dismal, dismay, concerned, doubtful, tense, disgraced, hesitant, embarrassment, startled, panicked.

**Homework: Reading targets** are checked every **Thursday**. Children will be expected to complete at least one reading quiz a week (80+%) to achieve their reading target. Remember, plenty of reading please with an adult, so support can be provided with unfamiliar vocabulary and checking for understanding. You might find our reading videos useful which are on our website: <http://www.mossgate.lancs.sch.uk/page/home-reading-homework/26819>

Thank you for your continued support.  
The Year 3 Holly team

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