

Healthy Me Theme Chart (LKS2): same coloured sessions in each Theme are linked

	THEME 1 Body Bits! [Science/English]	THEME 2 Rattle Those Bones! [Science/Music/Geography]	THEME 3 Open Wide! [Science/History/Art]	THEME 4 Eat Up & Feet Up! [Science/D&T/Art]
1	What's Inside Me? Chn draw their 'Insides' (Science/Art)	Bag Of Bones! Using magic x-ray glasses! Pasta Skeletons (Science/Art)	Look Inside Your Mouth! Sketching and identifying teeth (Science/Art)	From Food To Pool! Digestion process (Science/English)
2	Shopping For Body Bits! Dr Frankenstein's shopping list! (Science/English)	Name That Bone! Key bones, locations, labelling & diagrams (Science/English)	A Tooth Glossary Functions & Parts of a tooth (Science/English)	The Gruesome Guts! Tour of digestive tract (Science/English)
3	Jobs for Body Parts! Be Frankenstein's assistant! (Science/ICT)	Bones - The Inside Story! Explore structure, growing bones (Science/English)	Teeth Superheroes! Good oral hygiene guidelines (Science/ICT)	A Horribly Healthy Diet! Research (Science/ICT)
4	Lift-the-flap bodies! Where Frankenstein puts body bits! (Science/D&T)	Who Wants To Be An Osteologist?! Research & bony quiz! (Science/English)	Bacteria Buster! Instructions for clean teeth (Science/English)	A Hearty Breakfast! - advice card (Science/English)
5	The Blood Highway Code! Traffic signs to guide blood! (Science/D&T)	Jolly Joints! Explore joints Make jointed models (Science/D&T)	Losing Teeth! Traditions around the world (Science/Geography)	Musical jingles for fruit, Smoothies! [2] (Science/Music/Maths)
6	The Blood Superhighway! Blood circulation Movement (Science/PE)	Move Those Muscles! Measuring muscles and how they work (Maths/Science)	Dentist Visit: Leaflet for nervous patients! (Science/English)	Dump The Junk ! Argument writing (Science/English) [2]
7	Finger On The Pulse! Measuring changing pulse (Science/PE)	Skeleton Sounds! Musical story 'Danse Macabre' (Music/English)	History of Dentistry - Experiences of people in past (History/English)	What is yogurt? Make plain yogurt (Science/D&T)
8	Straight From The Heart! Poetry & facts about the heart (English/ICT)	Dance of the Skeletons - Music & Movement using Danse Macabre (Music/PE)	Troublesome Teeth Cartoons! Creating 'toothy' cartoons (History/Art)	Yoghurt Taste tests. Fat/sugar contents (D&T/Science)
9	Take A Deep Breath! Lungs & Measuring lung capacity (Maths/Science)	Skip To It! - Keep Fit & keep the beat! Effect of exercise (PE/Science)	Mouth Museum! Timelines & Info on dental care... (History/English)	The Yoghurt Challenge! Plan & Design own flavour (D&T/English)
10	Love Your Lungs! Research / Advice (Science/ICT)	I Like To Move It Move It! Skipping workout routines! (Music/PE)	False Teeth! History Clay models of sets of teeth! (History/Art)	Perfect Packaging! Design & make own. (D&T/Art)
11	Invasion Of The Germs - Wash your hands! Advert. (Science/English)	Local Leisure Facilities Surveys & questionnaires (Geography/ICT) [2]	The Perfect Smile! Famous Smiles In Art (Art/ICT/History) [2]	Time For Bed? [2] Snoozograph Survey! (Sci/Eng/Maths/ICT)
12	Body Care Advice Labels! Theme summary (Science/English)	Results Questionnaires Writing to Council (ICT/English) [2]	Painting Mouths & Teeth Art appraisal & practical work (Art/English) [2]	Dream Catcher Legend Making 'dream catchers' (Art/English) [2]

Curriculum Areas

English: Black

Mathematics: Blue

Science: Orange

Humanities: Purple

Creative Arts: Pink

Technologies: Green

HEALTHY ME: Key Texts and Resources

Theme One: Body Bits! [Science/English]

This introductory Theme focuses on naming body parts, and the blood and respiratory systems. Children also learn about the importance of washing our hands! The Theme uses **Eyewonder - Human Body by Various** (DK, ISBN 1405313803) in a number of sessions, so this is definitely an essential text! Likewise, **Blood, Bones and Body Bits - Horrible Science by Nick Arnold** (Scholastic Books, ISBN 0439959837) is also used extensively. Session 11 refers to **The Usborne book of Art Ideas by Fiona Watt** (Usborne Harper ISBN 0746038291). There are no other texts used in this Theme, although you are referred to a number of websites for information and images. A full list of recommended websites for the Theme can be downloaded with the resources from Session 1. Otherwise a full range of resources, including pictures, teaching aids, worksheets and information sheets can be downloaded with each session.

Theme Two: Rattle those bones! [Science/Music/Geography]

This Theme focuses on our skeletons and muscles and how they move. **The Skeleton and Muscles (Our Bodies) by Steve Parker** (Hodder's Children's Books ISBN: 0750237201) is an essential text for the first 6 sessions of the Theme. No other texts are used in this Theme. The middle block of sessions focus on moving our bodies to music and how the body responds to exercise. In Session 10, we recommend using the track 'I like to move it move it' from the film *Madagascar*, but a similarly upbeat piece of music will do just as well. Finally, the children carry out a survey of local leisure amenities and consider how these might be improved. You will need an enlarged map of your local area for Session 11, while S11 to S12a all require a suitable data-handling program (e.g. RM Starting Graph) for children to enter the results of their survey.

Theme Three: Open Wide! [Science/History/Art]

Theme Three examines human teeth and oral hygiene. Children learn about the history of dental care and going to the dentist and finish off with some interesting sessions on the history of the smile in Art and portraits! Most of the information for this Theme comes from websites (full list available to download with Session 1 resources) although one text is referred to in Session 6: **Going to the Dentist by Anne Civardi** (Harper Usborne ISBN 074606686). However, this is not an essential text so a similar account of a visit to the dentists would do just as well.

Theme Four: Eat Up and Feet Up! [Science/D&T/Art]

Theme Four looks at the impact of what we eat on our health and well-being. The children learn about the importance of breakfast, how to make yoghurt and how our digestive systems work. In the final sessions, they also learn about the importance of sleep! Again, this Theme uses **Eyewonder - Human Body by Various** (DK, ISBN 1405313803) throughout, as well as referring to **Blood, Bones and Body Bits - Horrible Science by Nick Arnold** (Scholastic Books, ISBN 0439959837). However, it also makes much use of **Health Matters: Food and your Health by Jillian Powell** (Hodder's Children's Books ISBN 0750241810) and so this is also an essential text for this Theme. As ever, a wide range of photocopiable resources and information sheets are provided for you to download.

We recommend the following texts for use throughout our Topics:

The Usborne Book of Art Skills (ISBN 074604746)

The Usborne Book of Art Ideas (ISBN 0746048291)