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|  | **Pathway 1** | ***KS3 Cycle 1*** | **Spring Term 1**  **Topic: Food Drink and Exercise** | |
| **Learning Intention: Pupils will learn about why we need food, drink and exercise.** | | | | |
| **Key knowledge that should be learned during this SoW** | | All | Most | Some |
| **Concept:** | | Pupils will learn what their body needs to be healthy and how their actions can help keep it healthy. | | |
| **Knowledge:** | | To know that humans needs a variety of food to sustain a healthy body. | What the human body needs to thrive.  To know what experiences they can do to keep fit and healthy.  The main food groups. | What can be harmful to the human body.  How they can proactively look after themselves.  What the different food groups help our body to do. |
| **Key Skills:** | | Name and identify | Label | Sort and explain.  Classifying |
| **Language and/or communication skills:** | | Healthy  Unhealthy | Fit  Healthy  Harmful | * Carbohydrates * Protein * Dairy   Fruit and vegetables Fats and sugars |
| **Curricular Links** | | PSHCE | | |