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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:**  | HealthyUnhealthy | Fit HealthyHarmful  | * Carbohydrates
* Protein
* Dairy

Fruit and vegetables Fats and sugars |
| **Curricular Links** | PSHCE  |