

Medium Term Planning Format		
Cohort	Year 3	
Enquiry Question (QUESTIONING)	Can you become the next Masterchef?	
Enquiry Driver	Science	
Enquiry Enhancer	D&T	
Main Enquiry Theme	Animals, including humans	
National Curriculum Objective	<p><b><u>Science (Animas, including humans)</u></b></p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> <li>Identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat.</li> <li>Identify that humans and some other animals have skeletons and muscles for support, protection and movement.</li> </ul> <p><b><u>Design and Technology</u></b></p> <p>When designing and making, pupils should be taught to:</p> <ul style="list-style-type: none"> <li>Understand and apply the principles of a healthy and varied diet.</li> <li>Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques.</li> <li>Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.</li> </ul>	
Key Knowledge and Skills (driver)	<ul style="list-style-type: none"> <li>Can they explain the importance of a nutritious balanced diet?</li> <li>Can they describe how nutrients, water and oxygen are transported within animals and humans?</li> <li>Can they describe and explain the skeletal system of a human?</li> <li>Can they describe and explain the muscular system of a human?</li> </ul>	
Key Knowledge and Skills (enhancer)	<ul style="list-style-type: none"> <li>Can I choose the right ingredients for a product?</li> <li>Can I use equipment safely?</li> <li>Can I make sure that my product looks attractive?</li> <li>Can I describe how my combined ingredients come together?</li> <li>Can I understand the steps needed in order to be safe and hygienic when preparing food?</li> </ul> <p><i>(Linked to the text, 'The Disgusting Sandwich, children will design and make a sandwich/packed lunch).</i></p>	



**Knowledge Mat**

**Year 3 Knowledge Organiser (Autumn 1): Can you become the next masterchef?**

Subject Specific Vocabulary	
<b>Balanced diet</b>	A diet that includes the right amount of food from all food groups to keep you healthy.
<b>Carbohydrates</b>	A substance that provides your body with energy. Carbohydrates are found in foods such as bread, pasta, rice and cereals.
<b>Dairy</b>	Products containing or made from milk. We get calcium from dairy products and this helps with building strong bones and teeth.
<b>Fats</b>	Fats contain nutrients that provide energy. Too many fats can be unhealthy.
<b>Fruit</b>	A food that grows on a plant and provides your body with vitamins and nutrients.
<b>Muscles</b>	Muscles connect the bones. They work in pairs by contracting and relaxing to allow movement.
<b>Nutrition</b>	The food and drink that you need to be healthy and grow.
<b>Protein</b>	A nutrient that helps your body repair and grow. Protein is found in food such as eggs, meat, fish, nuts and beans.
<b>Skeleton</b>	The structure of a living thing that's made up of bones.
<b>Vitamins and minerals</b>	Vitamins and minerals help our bodies to stay healthy. We need them to help us grow, to help us see clearly, to form muscles and to help us battle infections.

**Sticky Knowledge about keeping healthy**

A balanced diet means eating a wide variety of foods in the right proportions.

There are 5 main food groups: fruit and vegetables, proteins, carbohydrates, fats and dairy.

Broadly contains twice the amount of Vitamin C than an orange.

Honey is made from nectar and bee vomit.

Humans have skeletons and muscles for support, protection and movement.

There are 3 types of skeletons: endoskeleton, exoskeleton and hydrostatic skeleton.

Muscles work in pairs: one contracts whilst the other relaxes.

Learning Challenges	
LC1	What are the five food groups?
LC2	What does 'a balanced diet' mean?
LC3	What does 'a vegetarian diet' mean and are there any other types of diets?
LC4	How does food grown in other countries get onto my plate?
LC5	What are the most popular foods around the world?
LC6	Can you become the next masterchef?

**Exciting Books**

**Other curriculum areas which are to be taught discretely:**

**Religious Education**

**What do Christians believe? What is the Bible and why is it important for Christians?**

- Can I identify ways in which the Bible is important for Christians and how it is used at home and in Church?
- Can I explore the types of writing in the Bible and understand how the different genres of writing in the Bible are used for different purposes?
- Can I investigate the Old and New Testaments and understand that the Bible is a collection of books?
- Can I recognise that the Bible forms the main reference for guidance, teaching and worship?
- Can I recognise that certain sections of the Bible are special for different Christians?
- Can I identify similarities and differences between Islam and Judaism?
- Can I reflect on my own feelings about my use of time and money; as well as what is of value in my own life?
- Can I portray my own ideas of God and select a piece of writing which has special meaning to me?

**PSHCE**

**Looking after me**

- What can affect my health?
- What is a balanced lifestyle?
- What is health and safety?
- How does smoking damage my health?

*(see Talking Points curriculum for the full programme breakdown)*

**Music**

*See the Charanga programme for an in-depth overview of the National Curriculum links, key outcomes, learning challenges and skills.*

**Unit 1- Let your spirit fly high**

**Physical Education**

**Invasion Games (emphasis on sending and receiving using hands or feet. E.g. football, handball and netball)**

- Can I follow rules for simple invasion game?
- Can I start to modify and change game rules?
- Can I improve my ability by selecting and applying simple tactics in an invasion game?
- Can I try to keep possession for a reasonable length of time?
- Can I work cooperatively as part of a team?

<b>Computing</b>	<p><i>See DB Primary Programming for an in-depth overview of the National Curriculum links, key outcomes, learning challenges and skills.</i></p> <p><b>Unit 13: E-Safety and Programming</b></p>		
<b>MFL</b>	<p><i>See the Primary Languages Network programme for an in-depth overview of the National Curriculum links, key outcomes, learning challenges and skills.</i></p> <p><b>Unit 1- A New Start</b></p>		
<b>Additional Links</b>	<b>British Values</b>	<b>Outdoor Learning</b>	<b>Community</b>
	<b>Citizenship (Beever Pledge)</b>	<b>Global Neighbours</b>	<b>Home Learning</b>
	To be safe, happy and healthy- children will learn about diet and lifestyle choices.	What does a healthy diet look like in other countries?	Children to bring in their favourite recipes from home.