

## Science Theme Week

### Working scientifically objectives

#### **Title: The Complete Athlete**

Year: 6		
Teaching Ideas	Visitor In / Visits Out	National Curriculum Objectives
<p>Pupils will learn about the impact of diet and exercise on the human body and the effects of drugs and substance abuse, including alcohol. They could participate in a workshop run by Narcom or an outside drugs advisor.</p> <p>They will learn about mental health and the functions of brain. They will develop an understanding of the possible challenges and stresses they may face in life and how to develop the emotional intelligence to handle these. They could investigate how a healthy diet and exercise regime will help them maintain a healthy body and ways in which to maintain a healthy mind (including investigating different relaxation techniques). They could participate in workshops led by professionals including yoga, tai chi and relaxation techniques.</p> <p>Pupils should begin to think about the choices that they will make in life and could begin to create their own lifestyle plan and goals for the future (short term, medium term and long term).</p> <p>Pupils could create their own promotional material of their choice to encourage other pupils to make the right 'choices' in life (based on mental health or on the effects of substance abuse).</p>	<p>Lifestyle coach Narcom / drugs advisor</p> <p>Literacy links: Balanced arguments Journalistic writing Persuasive speeches Lifestyle plans</p>	<ul style="list-style-type: none"> <li>• To be able to recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function</li> </ul> <p><b><i>Other objectives outside of the NC:</i></b></p> <ul style="list-style-type: none"> <li>• To understand the importance of maintaining a healthy mind as well as a healthy body and how these two are linked together</li> <li>• To understand ways of being able to manage changes of circumstance, stresses and anxiety through life</li> <li>• To be able to understand the functions of the brain and the nervous system</li> </ul>

**Whole School Outcomes:**

- Guest speakers into Assembly during the week on different themes: e.g. sports players/coaches/athletes, nutritionist, school nurse, dentist, chef/cook, doctor.
- Each class could create their own promotional material for healthy lifestyle (leaflet, poster, TV adverts, speech, health campaign). These could be presented in a final school assembly, be displayed in a focal area around school or on the school website as a 'Healthy Schools' page.