



As Scientists, our big question is... How could you be the next Olympic champion?



REMEMBERING



UNDERSTANDING



Sticky Knowledge

fats	Fats are found in meat and other animal products, such as butter and cheese.
nutrition	Nutrition is the process by which the body nourishes itself by transforming food into energy and body tissues.
survival	Survive usually means to succeed in keeping alive against odds
hygiene	Taking care of our body by being clean and making sure we don't smell.
healthy	Keeping healthy means doing things that are good for your body – things like eating nutritious foods, exercising, brushing your teeth and getting enough sleep
diet	Eating a balanced diet means choosing foods in the right amounts from each of the food groups.
off-spring	You can refer to a person's children or an animal's young as their off-spring.

<ul style="list-style-type: none"> Keeping healthy means caring for your body so you have enough energy to learn, play and grow. 	<ul style="list-style-type: none"> It's important not to eat too much sugar and salt: sugary foods are bad for your teeth and can be fattening, and salty foods can lead to heart disease.
<ul style="list-style-type: none"> All foods contain nutrients which your body needs to stay active throughout the day. Some foods have more nutrients than others. 	<ul style="list-style-type: none"> Keep your mouth happy by brushing and flossing to have healthy teeth and gums.
<ul style="list-style-type: none"> Everyone should have their '5 a day' – this means five portions of fruit and vegetables, to get the right amount of nutrients. 	<ul style="list-style-type: none"> It's important to have 30-60 minutes of exercise every day. This can include running around and playing games with friends.

I can describe the basic needs of animals for survival.

There are 3 basic needs that all animals need to stay alive:

air water food

APPLYING My Aspirations

exercise	Means to keep your body healthy by running, walking and playing. You will need to feel out of breath if you have exercised properly.
proteins	Protein is a food group which includes meat, eggs, fish, dairy products, nuts and seeds
carbohydrates	Carbohydrates are sugars (such as fructose, glucose, and lactose) and starches, which are found in foods such as starchy vegetables, grains, rice, breads, and cereals.

-If your heart is beating quickly, what does this mean?

-What is a balanced diet?

-What is the difference between being healthy and being unfit?





As Historians, our big question is...

How has Nelson Mandela helped us to make the world a better place?



REMEMBERING



Prior Learning

UNDERSTANDING



Sticky Knowledge

□ Nelson Mandela fought for the rights of black people in South Africa. He became very famous in the end for his determination to protest non-violently.

-He spent 27 years in prison for campaigning for racial equality
-He became the first black South African president



discrimination	Unfair treatment of people because of their colour, age religion, disability or sex.
disability	A physical or mental condition that limits a person's movements, senses, or activities.
famous	Someone who is known about by many people.
racism	Treating someone un fairly because of the belief that their religion or beliefs are not as good as yours.

inclusion	To include someone within your group however different they may seem.
protest	To take action to show disapproval or objection to something.
equality	Equality is about ensuring that every individual has an equal opportunity to make the most of their lives and talents.
courageous	If you are a courageous person, you face danger or stand up against the odds without flinching.

APPLYING



My Aspirations

This will help me in the future:

To understand the rights of all people living in society.

1918	1939	1942	1948	1956	1964	1982	1993	1994	1999	2013
July 18 th Nelson Mandela is born.	Attends university.	Nelson joins the ANC.	Elected national secretary of ANC Youth League	Charged with high treason.	Sentenced to life and sent to Robben Island Prison.	Released from prison.	Wins the Nobel Peace Prize with F.W. de Klerk.	Elected president after the ANC wins the election.	Steps down as president.	Dec 5 th dies aged 95.