



**Year 6**

**Spring Term 2**

**What can we do to keep our  
body and mind healthy?**

**September 2024**

## English:

### Writing SATs collection

Character description  
Persuasive letter  
Both based on the Dream  
Giver animation

### Guided Reading:

Reading SATs revision

## Maths:

Converting measures  
Area and perimeter  
Algebra  
Ratio

## Science:

This unit 'Animals, including humans' takes children through lessons where they learn how to: identify and name the main parts of the human circulatory system, and describe the functions of the heart, blood vessels and blood; recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function; and finally, they learn how to describe the ways in which nutrients and water are transported within animals, including humans.

# What can we do to keep our body and mind healthy?

## PSHE Jigsaw: Healthy Me

- Taking responsibility for my health
- Different types of drugs and their effect on the body
- How exploitation can make people do things that are against the law
- Gangs: why people join them and the risks
- Understanding what it means to be emotionally well
- Recognising stress and the triggers that cause it

## Physical Education:

**Outdoor** – Netball

**Indoor** – Real PE: Unit 6 Health and fitness

## Computing:

Coding