

Classroom News



Class Name: Oxford Term: Summer 1 2021 Topic: Heathy Lifestyles

What we have been learning this term:

Healthy Lifestyles

This term we've been learning about healthy lifestyles. As part of this we have had the opportunity to talk to two personal trainers via Zoom and even take part in a personal training session. Using the tips and advice from the personal trainers and after doing lots of research on leisure centres and the classes they offer, we have been practising to teach our own fitness classes! Our classes range from table tennis, outdoor tennis, yoga and running to Tik-Tok dancing-something for everyone!

Science

This term we have been saving the packing from our lunchboxes and staff have been bringing in their packaging from home so that we can look at the traffic light system on the front and read more about the nutritional information included on food packaging. Together we looked at the calorie intake of a typical half a frozen pizza, 2 slices of garlic bread and handful chips treat meal. With 2 scoops of ice cream after and a Pepsi we were so shocked to find out this comes to 1500Kcal! Next term we are going to look at how much exercise would be required to burn this off.

Cooking

With all of this information we thought it would be fun to have a picnic in our school woodland area and prepare it ourselves using all of our knowledge about eating a balanced diet. We made egg mayonnaise and tuna mayonnaise wholemeal wraps, and healthy granola bars from scratch in the school kitchen.

English

In English one many things we have been looking at is how to write a good quality letter of complaint. Using a comedy sketch of Davina's workout from Ant and Dec's Saturday Night Takeaway as our example of an unprofessional fitness class. We planned our letter and analysed all of the features before typing it up as an email. We had great fun doing this!

Maths

Our focus in Maths this half term has been telling the time. We all started by building up our own analogue clock as a class. We have then worked at our own paces to use telling the time in a real life context. We are doing this in preparation to work on reading timetables to plan a real journey.

Dates & Points to remember:

Return to school Monday 7th June 2021

Some photos of us!

