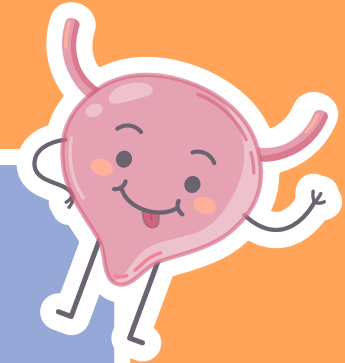
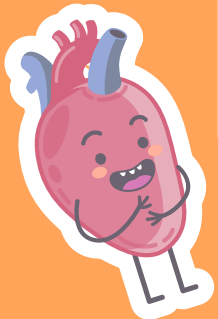
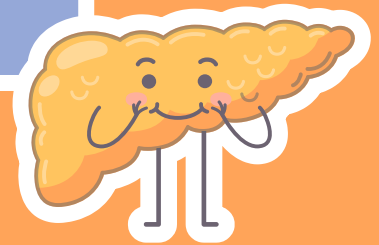


Fighting Fit

5 Week Project
Year 2, Autumn 1, 2026





Fighting Fit

Mangoes	Mrs Kowalczyk and Mrs Carr
Strawberries	Mrs Gallimore, Mrs Bezer, Mrs Ingram and Miss Horner
Pineapples	Miss Brider , Miss Griffiths, Mrs Ingram and Miss Horner



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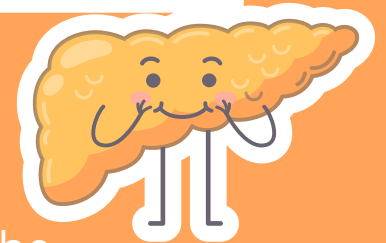
NC Programme of Study for Science

Pupils should be taught to:

- describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene

Pupils might work scientifically by:

- asking questions about what things animals need for survival and what humans need to stay healthy; and suggesting ways to find answers to their questions.



NC Programme of Study for Design and Technology

Pupils should be taught to:

Design

- design purposeful, functional, appealing products for themselves and other users based on design criteria
- generate, develop, model and communicate their ideas through talking, drawing, templates, mock-ups

Make

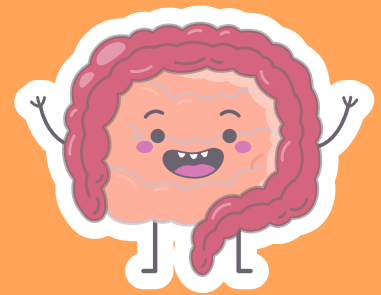
- select from and use a range of tools and equipment to perform practical tasks [for example, cutting,
- select from and use a wide range of materials and components, ingredients, according to their characteristics

Evaluate

- evaluate their ideas and products against design criteria

Cooking and Nutrition

- use the basic principles of a healthy and varied diet to prepare dishes
- understand where food comes from.



Home Learning



What's it all about?

The children eagerly watched a video capturing a typical evening in the Crump household. But as the video ended, a wave of shock and concern spread through the room. The Crumps, it turned out, were living in a shockingly unhealthy and unhygienic way! Alarmed, the children realised that there might be many more families unaware of basic health and hygiene. Determined, they decided it was time to take action and educate their community!



Independence

- I can use criteria effectively to identify strengths and weaknesses.
- I can decide what to do next to make my work better.
- I can reflect on my experiences and my learning to make meaningful connections.

Home Learning

1. How does your family get your heart racing? Is it a peaceful Sunday stroll through the forest, a fun Joe Wicks workout, or maybe you're all about hitting the trails on your bikes? We'd love to know! Share your favourite family activities on Google Classroom to inspire others to get moving! You can upload videos, photos, or even share a workout routine you all enjoy—let's get those hearts pumping together!

2. What are the go-to foods in your family that help you stay healthy and balanced? Do you have a favourite meal or recipe you love to whip up together? At school, we'll be designing healthy, balanced food plates, and we'd love your help! Share photos of your family's favourite balanced meals and recipes on Google Classroom. Every recipe will be collected into a Year 2 recipe book, which will be showcased alongside the children's healthy living leaflets—delicious inspiration for everyone to enjoy. Yum!

Thinking

- I can use criteria to accurately evaluate my own learning.
- I can reflect on my thoughts and feelings to understand different experiences.
- I can extend my thinking through giving and justifying my reasons.

Home Learning Continued

Your child will be learning...

Lead subjects:

Science• what humans need to stay healthy, the importance of exercise, eating the right amounts of different types of food and hygiene. Allowing the children to suggest ways to answer scientific questions.

English• to use instructions and explanations, including bullet points and commas in a list, to write an information leaflet to educate the local community on the benefits of an active lifestyle and healthy balanced diet.

Design and Technology• how to design, create a mock up and evaluate a healthy food plate before designing and making their final product.

Your child will be applying previous learning to:

Computing• use an interactive application to create a healthy food plate.

PDL• build self-esteem and know what makes them healthy in mind and body.



Key Scientific Vocabulary:

carbohydrates, protein
oils, fats, fibre, fuel, heart rate,
hygiene, conclusion, observation,
quantity, exercise, healthy,
unhealthy, circuit, sugar, energy,
diet

Key Design and Technology Vocabulary

design, mock up, evaluate



Outcome

The children are gearing up to share their exciting new scientific discoveries with the local community by hosting an action-packed healthy living workshop! They'll dazzle attendees with fitness circuits, eye-catching leaflets packed with tips on staying active, and the secrets to a balanced diet. But that's not all—alongside their informative displays, they'll proudly present their home-cooked masterpieces, a collection of delicious, healthy recipes designed to inspire families to shake up their mealtime routines and try something fresh and you will leave with a healthy snack!

DATES FOR THE DIARY:

Parents are invited to our
'Fighting Fit' workshop:
on the playground or in the hall depending
on weather.

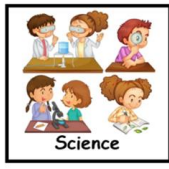
Mangoes – Wednesday 7th October at 9:00am

Pineapples – Wednesday 7th October at 2:30pm

Strawberries – Thursday 8th October at 9:00am

If in hall please enter via Cherries gate.

Hook



We saw a video of a typical evening for the Crump family. We were appalled by their lack of hygiene, inactive lifestyle and poor eating habits. We felt compelled to create a health and fitness workshop to help them and people like them learn how to be "Fighting Fit"

Fighting Fit: Hook
Introducing the unhygienic and unhealthy Crump family.



What did you think are the positives and negatives of the Crump's family lifestyle?

Positives	Negatives
Mrs. Crump tried to give Mr. Crump fruit. They have goats in their diet. Mr. Crump said: "I don't care."	Eats too much fat and sugar. Not taking good hygiene, picking his nose and ate it. Did not wash his hands before making food. They don't wash.

We are going to work scientifically to help our ~~gamblers~~ be fighting fit. We will invite them into school to take part in our health and fitness.

Interdependence Learning Values



To discover what happens to our bodies when we exercise, we worked interdependently to create a science experiment.



Carefully jump over the yellow ladder lines. Do not touch them.

Our question:
Does exercise increase heart rate? Prove it!

What we think will happen:	What we will do? What we will need?	How will we record what happens?										
1 Before you exercise your heart goes slowly. 2 During running your heart goes faster and faster.	We will measure the team members heart rate before, during and after exercise then after a 3 minute rest. We will need: Sports equipment pulse oximeter table for data pencil.	<table border="1"><thead><tr><th>Heart rate</th><th>99</th></tr></thead><tbody><tr><td>Heart rate before exercise</td><td>99</td></tr><tr><td>Heart rate during exercise</td><td>118</td></tr><tr><td>Heart rate at the end of exercising</td><td>114</td></tr><tr><td>Heart rate 3 minutes after exercise has finished</td><td>66</td></tr></tbody></table>	Heart rate	99	Heart rate before exercise	99	Heart rate during exercise	118	Heart rate at the end of exercising	114	Heart rate 3 minutes after exercise has finished	66
Heart rate	99											
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Heart rate 3 minutes after exercise has finished	66											

Stand up. Carefully, put one foot inbetween each space on the ladder. Lift your knees high.



Interdependence Learning Values



We also showed our interdependence by working as a team to sort foods into the five food groups.

Sammy Crump desperately needed our help! His diet consisted of junk food.



Click on the QR code to hear some of our sentences explaining our understanding of the food groups.



Thinking Learning Values



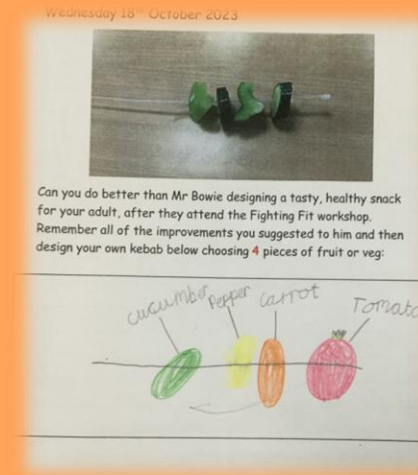
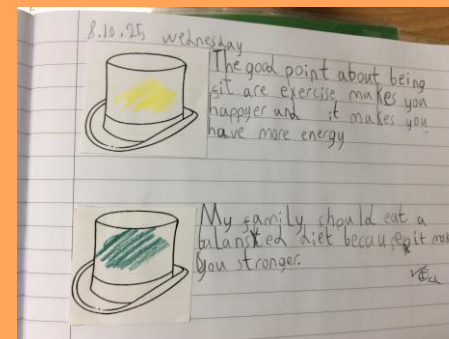
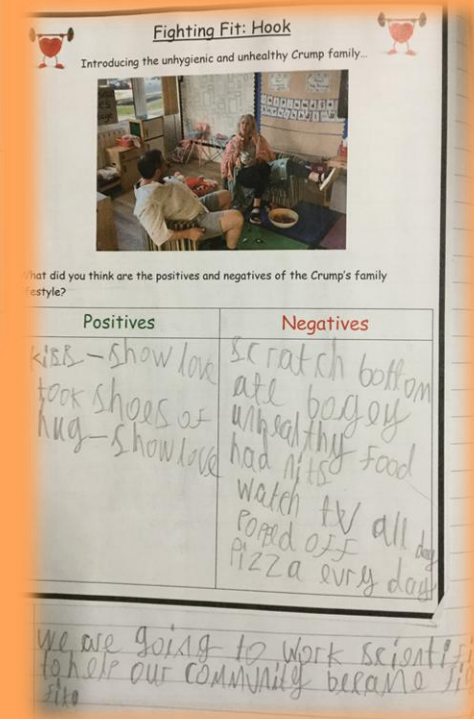
We had to use our thinking skills a lot throughout this project.

Deciding the positives and negatives of the Crump families' behaviour.

Following the iterative process when making our fruit kebabs, especially within the "evaluate" stage.

Thinking carefully about healthy food swaps Sammy could make instead of eating his chosen unhealthy snacks.

Evaluating our kebabs and the project using De Bono's thinking hats.



Push Ups



Cross Country
Running



Science



Ladders

We spent time indoors and outdoors trying different circuits to get our bodies moving.



High Knees

Hurdles

Science



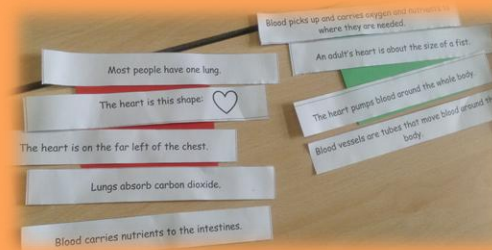
To help us understand what happens inside our body we learned about the circulatory system. We found out how the heart is a pump that helps move the oxygen around our bodies.

To show our understanding we sorted statements about the heart and lungs into true and false.



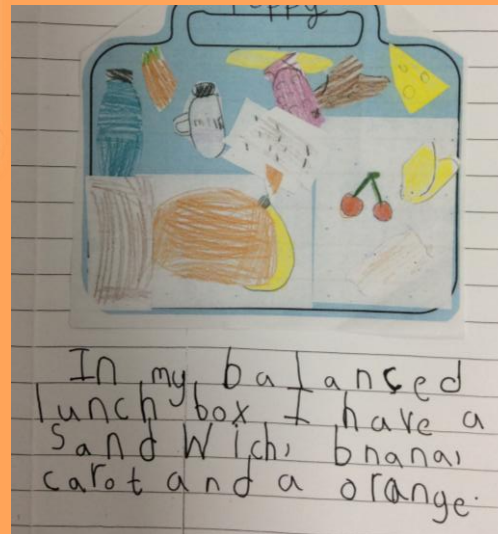
FOOD GROUPS

proteins are foods like yummy tuna, orange beans, and brown meat. Fruits are foods like red tomatoes, yellow bananas and yummy raspberries. Carbohydrates are foods like chewy pasta, yummy bread and sticky rice. Dairy are foods like excellent cheese, cold yogurt and yummy milk. Vegetables are foods like crunchy carrots, green leek and yummy mushrooms. Fat and oils are foods like low fat margarine and olive oil.



In my balanced lunch box I have a apple, bagel, Oreo, banana, tomato, peas, cheese, eggs, carrot, grapes, a slice of cucumber and a water bottle.

We learned how easily germs can be transferred and decided to make posters to remind everyone the importance of cleaning our hands. thought about all the things we should do to remain hygienic and healthy.



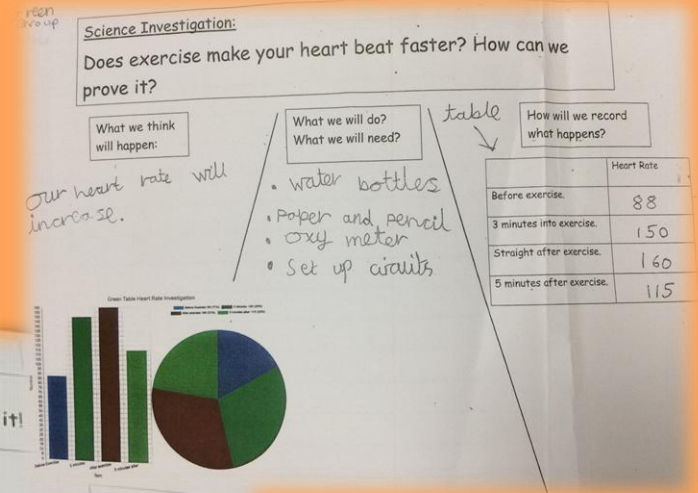
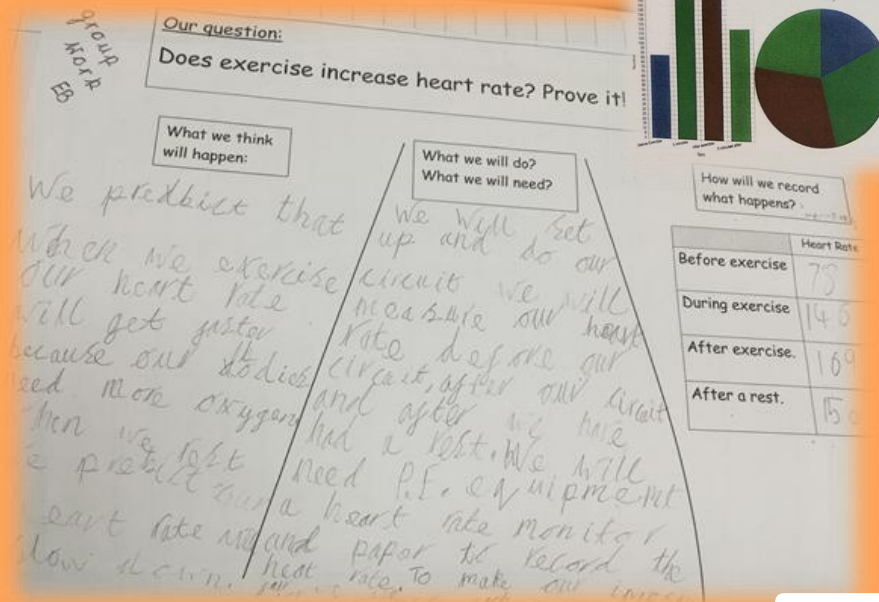
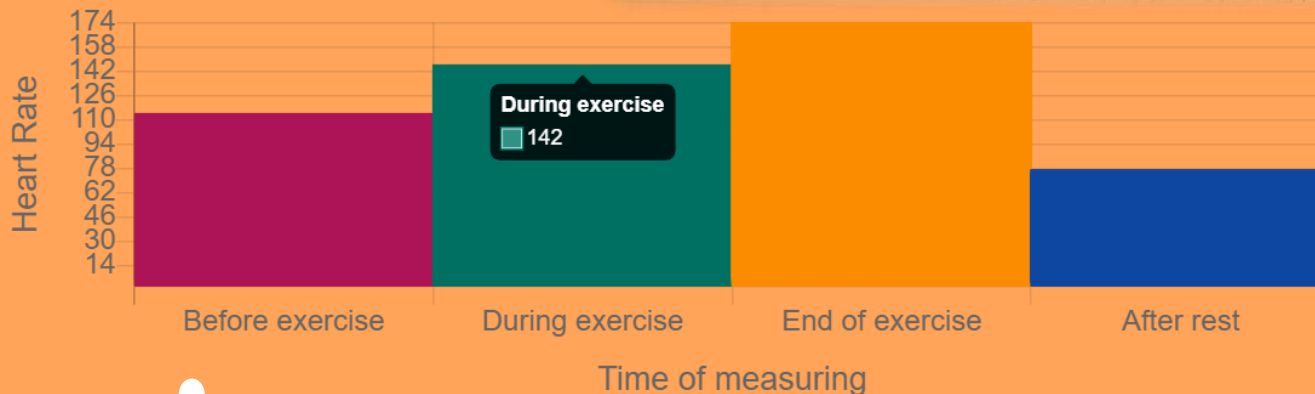
Once we knew about the food groups and a healthy balanced diet. We designed a healthy lunch box for Sammy Crump



Science continued...

We wanted to prove that exercise makes your heart beat faster. We planned and carried out a science experiment.

We used a planning grid to plan our science experiment.



We noticed that when we exercised on the playground, and during our science experiment, our hearts pumped faster and we got very hot.

It is important to get your heart pumping faster to keep it healthy.

Writing



At each stage of the project we wrote plans, conclusions, our understanding of food groups and why we made our choices.

We identified key features (heading, sub-headings, pictures and diagrams) and language used within an information leaflet.

Later we applied imperative verbs when planning our circuits.

FOOD GROUPS

Proteins are foods like eggs, tuna and tofu.

Fruits are foods like tomato, oranges and grapes.

Bread, pasta and rice are carbohydrates.

Avocado, oil, and butter are all fats and oils.

Proteins are foods like tuna, eggs and meat.

Dairy are food like cheese, milk and yoghurt.



Lie down bend your knees and put your hands on your ears, now do 5 sit-ups.
Rebyn.



Make a star shape do ten star jumps.
Make sure that your arms and legs are straight.
Do this slowly and carefully.

Conjunctions

Questions

24.10 Thursday 24.10

5 sit-ups Slowly bend your knees, keep and then put your hands big your ears and do five push-ups.

10 arm circles Carefully stand up and do slowly do ten arm circles.

10 toe touches Carefully bend your back to your feet and do ten toe touches.

5 star jumps Slowly put your hands and arms out wide and do five star jumps.

10 press-ups First slowly fall down on your belly and then put your hands under you and then do ten press-ups.



EXERCISE

you should exercise because it keeps you healthy.

Did you know that you exercise because it's healthy for you.

Do you eat healthy food?

Do you know what protein is?

How much exercise do you do?

What is your favorite exercise?

Do you eat a balanced diet?

Design and Technology

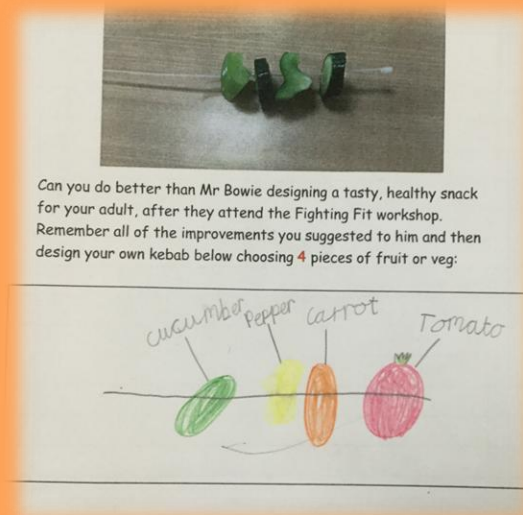
Using our new knowledge about healthy foods we decided to create a healthy snack for our visitors that he would find delicious, healthy and certainly not boring!

First, we **designed** our initial product following the criteria healthy and delicious.



We followed the iterative process to design, make and evaluate our healthy kebab.

Next, we **made** our design as a mock-up to see if we would like how our final product looks. We used beads to represent the ingredients.



Can you do better than Mr Bowie designing a tasty, healthy snack for your adult, after they attend the Fighting Fit workshop. Remember all of the improvements you suggested to him and then design your own kebab below choosing 4 pieces of fruit or veg:



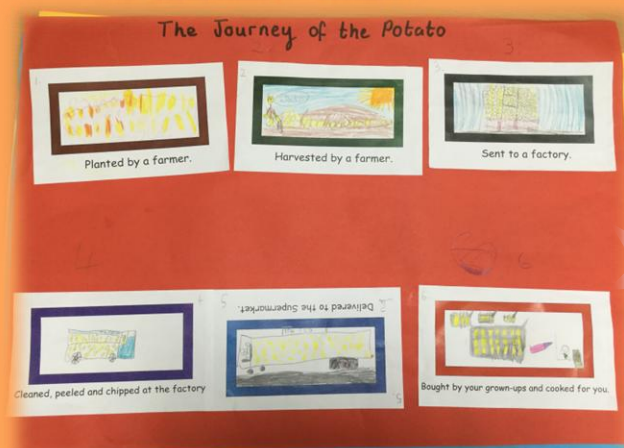
We then followed the iterative process again until we finally created our final product!

After that, we **evaluated** our product. We also received feedback from our parents and carers at the outcome.

Outcome



We were so proud to deliver our circuits and all of our information to our families. The fruit kebabs went down well after all that exercise.



Outcome



We were proud to share our knowledge of how to stay fit and healthy with our families.



In my balanced lunch box I have a apple, bagel, Oreo, banana, tomato, peas, cheese, eggs, carrot, grapes, a slice of cucumber and a water bottle.



FOOD

proteins are foods like yummy tuna, orange beans, and brown meat. Fruits are foods like red tomato, yellow bananas and yummy raisins. carbohydrates are foods like chewy pasta, yummy bread and sticky rice. Dairy's are foods like excellent cheese, cold yogurt and yummy milk. Vegetables are foods like crunchy carrots, green leek and yummy mushrooms. Fat and oils are foods like low fat margarine and olive oil.



Q: Did you know that you exercise because it's healthy for you.



In my balanced lunch box, I have a sandwich, banana, carrot and a orange.

Home Learning



We were so proud of all the project home learning that was uploaded to Google Classroom



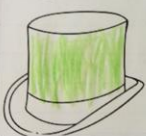
Evaluation



Thinking

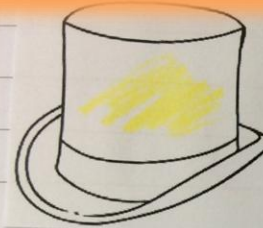


The good things
about being fighting fit
are have more energy
and feel happy ✓



If my family wanted
to eat a balanced diet
I would tell them to
eat fruit and vegetables
protein, dairy, fat and
oil and carbohydrate.

Now, you used commas to list (1)

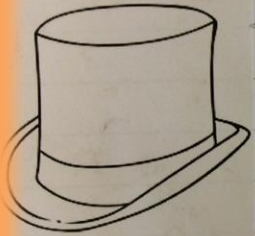


The good point about being
fit are exercise makes you
happier and it makes you
have more energy



My family should eat a
balanced diet because it makes
you stronger.

✓



If my family wanted
to eat a balanced
diet I would tell them
to eat fruit and
vegetables, protein, dairy,
fats and oils and carbohydrate.

Now, you used commas to list (1) · EB