
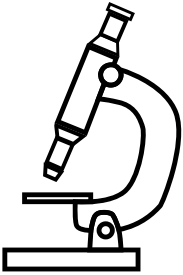




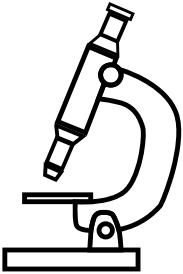





Social Action Curriculum Integration Map


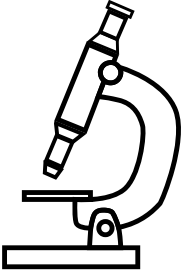



The following curriculum maps provide links to integrate the topic of Health within the National Curriculum at Key Stages 1 and 2.

<p>Reading</p> 	<p>Some texts that can inform Guided Reading sessions or further activities related to mental health:</p> <p>'Ruby's Worry' by Tom Percival</p> <p>'Michael Rosen's Sad book' by Michael Rosen and Quentin Blake</p> <p>'Gobblechops' by Elizabeth Laird and Jenny Lucander</p> <p>'What to do when you worry too much' by Dawn Huebner & Bonnie Matthews</p>
<p>Science</p> 	<p>The Science statutory requirements for Year 3 stress on the importance of nutrition. This is learnt through identifying different food groups and creating healthy plates, and can be a vector to initiate one of the activities of the guide.</p> <p>In Year 4, pupils can explore the role of microbiomes in the human body when learning about the different parts of the digestive system. young peoples can also look at diets and compare human diets to the diets of animals as they learn about the diets of herbivores and carnivores.</p>
<p>PSHE</p> 	<p>Identify connection between physical health and mental health: how exercise can have a positive effect on mental health, e.g., learn about the role of dopamine. Try a new exercise and set yourself goals.</p>
<p>Art & DT</p>  	<p>Plan activities around food and nutrition. 'You can cook tasty food' by Helen Burgess contains a wealth of information to prepare and cook a variety of savoury dishes using a range of cooking techniques, understand seasonality, and know where and how a variety of ingredients are grown, reared, caught, and processed.</p> <p>'Veggie Power', by Annette Roeder is a fascinating and intriguing picture book containing fascinating facts to take a new look on vegetables. This could be used as a starting point to develop D&T, art projects around vegetables, or simply as a resource to engage the young people in an activity.</p>

Lower Key Stage 2 - Years 3 and 4

<p>Reading</p> 	<p>Some texts that can inform Guided Reading sessions or further activities related to mental health:</p> <p>'Ruby's Worry' by Tom Percival</p> <p>'Michael Rosen's Sad book' by Michael Rosen and Quentin Blake</p> <p>'Gobblechops' by Elizabeth Laird and Jenny Lucander</p> <p>'What to do when you worry too much' by Dawn Huebner & Bonnie Matthews</p>
<p>Science</p> 	<p>The Science statutory requirements for Year 3 stress on the importance of nutrition. This is learnt through identifying different food groups and creating healthy plates, and can be a vector to initiate one of the activities of the guide.</p> <p>In Year 4, pupils can explore the role of microbiomes in the human body when learning about the different parts of the digestive system. young peoples can also look at diets and compare human diets to the diets of animals as they learn about the diets of herbivores and carnivores.</p>
<p>PSHE</p> 	<p>Identify connection between physical health and mental health: how exercise can have a positive effect on mental health, e.g., learn about the role of dopamine. Try a new exercise and set yourself goals.</p>
<p>Art & DT</p>  	<p>Plan activities around food and nutrition. 'You can cook tasty food' by Helen Burgess contains a wealth of information to prepare and cook a variety of savoury dishes using a range of cooking techniques, understand seasonality, and know where and how a variety of ingredients are grown, reared, caught, and processed.</p> <p>'Veggie Power', by Annette Roeder is a fascinating and intriguing picture book containing fascinating facts to take a new look on vegetables. This could be used as a starting point to develop D&T, art projects around vegetables, or simply as a resource to engage the young people in an activity.</p>

Upper Key Stage 2 - Years 5 and 6

<p>Reading</p> 	<p>Below is a list of titles on health to include in a classroom library or use to inform your social action project:</p> <p>'Cloud boy' by Marcia Williams 'All the Things that could Go Wrong' by Stewart Foster 'How not to lose it, mental health sorted' by Anna Williamson and Sophie Beer 'Aubrey and the Terrible Yoot' by Horatio Clare 'The Mystery of the Colour Thief' by Ewa Jozefkowicz 'The Goldfish Boy' by Lisa Thompson 'Seaglass' by Eloise Williams 'Lost' by Eve Ainsworth</p>
<p>Science</p> 	<p>Possibility to make links with the statutory learning on the circulatory system, the impact of lifestyle on how their body function or explore how nutrients and water are transported through the body.</p> <p>e.g. pupils could record the amount of physical activity they have carried out over a week and create graphs/bar charts.</p> <p>Additionally, as part of the non-statutory learning, the National Curriculum suggest exploring the work of scientists on the relationship between diet, exercise, drugs, lifestyle, and health. young peoples can also learn about the harmful effects of drugs and other substances.</p>
<p>ICT</p> 	<p>Create a blog about healthy lifestyle. Post your social action project online or learn safe use of social media whilst developing your social action project.</p>
<p>PSHE</p> 	<p>Share facts about mental health and the impact of loneliness during mental health week. Map out your feelings and try new activities to change your emotions and identify your feelings. Work on the impact of social media and organise digital 'detox' activities.</p> <p>Recognise the food choices that you make and identify how to have healthier alternatives.</p>
<p>Art & DT</p> 	<p>Young people can carry out some scientific experiments on food. The book 'Science You Can Eat Putting what we Eat Under the Microscope' by Stefan Gates provides examples of different food experiments exploring the science of food.</p>