



Healthy Heroes

At Hillstone, we believe that it is really important to grow up being healthy. We will be exploring what this looks like so that we can be the healthiest version of ourselves.

Science

I know animals, including humans, get their nutrition from what they eat.	
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I know animals, including humans, need the right types and amounts of nutrition.	
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I can identify the different types of teeth in humans and explain their function.	
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I can describe the basic parts of the human digestive system.	
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I know that humans and some other animals have skeletons and muscles for support, protection and movement.	
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Computing

I understand that text and images can be used to communicate messages.	
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I can edit the text and layout of a page.	
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I can add content to a desktop publishing publication.	
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Spanish

I know the Spanish words for 5 different vegetables.

I know how to say 'I would like...' in Spanish.

RE

How do we know what is right and wrong?

What do some Christian and Jewish people believe about right and wrong?

How do people remember the rules?

Is all religious guidance the same?

How do some Buddhists make moral decisions?

What is your moral code?

Hillstone Life Skills

I can understand and plan for a healthy lifestyle including physical activity, rest and diet.

I know how to perform a range of relaxation stretches.

I can understand the different aspects of my identity.

I can identify my own strengths and being to see how they can affect others.

I know how to break down barriers into smaller, achievable goals.

I can recognise when to give consent.

I understand the benefits of healthy eating and dental health.