



## Year 5 - Fit for Life



Dear Parents,

After Y5 have shown you around their 'Space Centre' at the end of the month, we will begin our new topic, 'Fit for Life'.

In Physical Education, we'll be:

- Exploring the range of ways in which we can improve our physical fitness
- Practising enjoyable activities that help us to become fitter (including the Golden Mile)
- Taking regular exercise to see whether it makes a measurable difference to our fitness.

In Geography, we'll be:

- Learn how to use a compass and read maps (in preparation for our orienteering trip)

In History, we'll be:

- Finding out about the Ancient Greek Olympic Games.

In Art we'll be:

- Looking at paintings and sculptures that depict certain physical activity
- Using this as inspiration to create our own pieces of art.

We're hoping to organise an orienteering trip to Waltham Abbey (more information to follow). Small groups (with the aid of a staff member) will be required to navigate themselves around the orienteering course in search of certain control posts within a specified time limit. They are also asked to solve a riddle for each post and are awarded points according to the number of posts found and riddles solved.

In addition to this IPC unit we will be continuing to follow units of work in both English and Mathematics.

If you have the chance to further your child's interest in the ideas of this theme please take it, as your enthusiasm and interest can play an important part in the learning process.

As always if you have any questions about your child or their work please do pop in and see us at the end of the school day.

With kind regards,

Charlotte Cornell, Heidi Burniston and Sarah Small