Pilgrim Federation Curriculum Coverage Ideas and Resources for the Learning Theme: Healthy Body, Healthy Mind

Art & Design	Computing
To create sketch books to record their observations and use them to review and revisit ideas. To improve their mastery of art and design techniques, including drawing, painting and sculpture with a range of materials [for example, pencil, charcoal, paint, clay]. Look at artists who specialise paintings and sculptures focusing on the body. Andy Warhol/Ray Lichtenstein Pop Art https://www.twinkl.co.uk/resource/roy-lichtenstein-fact-file-t-ad-1678877258 Alberto Giacometti – Seated Man, 1949 Gwen John – Study of a Girl Holding a Doll c.1916-20 Joseph Mallord William Turner David Hockney Maggi Hambling William Scott Sir Edward Coley Burne-Jones Wyndham Lewis Henry Moore Sculptures Scientific drawings of internal structures of the human body. Maori body/face art Look at wellbeing and art https://www.tate.org.uk/art/wellbeing-and-art	**Health & Nutrition** Health and fitness apps like MyFitnessPal have been around for years, providing users with the ability to track exercise and food consumption for daily accountability. Many of these apps allow users to search based on food, brand or restaurant, and explain how certain foods contribute to overall daily calories, macronutrients and micronutrients. In addition to enhancing accountability, many nutrition apps are designed to help users develop healthy eating habits by learning new recipes or creating a meal plan. Apps like Allrecipes, Dinner Spinner and Yummly help the user find recipes and develop a shopping list. **Exercise Tracking** Along with diet tracking, certain apps also monitor users' workouts. For example, in the MyFitnessPal app, exercise tracking is typically broken down according to type of workout — cycling, swimming, weight training. However, certain exercise studios like Pelaton have a designated workout within the app. New to the exercise world? Apps like Couch to 5K are designed to help even the most novice runners achieve a 5K in just nine short weeks. Whether you prefer yoga or free weights, barre or cycling, an app exists for every fitness enthusiast — from beginner to expert. **Heart Rate Monitors** The ability to track exercise via apps like GoogleFit and Strava is further enhanced by devices like heart rate monitors, which allow for a more accurate reading of calories burned. Heart rate monitors like the Fitbit and Apple Watch also promote collaboration and competition by allowing users to share their completed workouts and receive encouragement from approved followers.

	Wellness and Mental Health While focusing on diet and exercise, always remember the importance of overall wellness. There are apps for meditation, sleep cycles and tracking potential anxiety triggers. While apps like Headspace and Calm focus on developing meditation techniques and promoting mindful habits, the app Streaks is used to encourage positive repetitive behaviour, such as playing the guitar for a number of days in a row. Stop animation using plasticine/ modelling clay. Photography – using action shots/Sporting scenes. Use the Internet to research healthy foods, artists who study the human form. Use word processing skills and presentation slides to create information about a given subject. Create bar chart/Pie charts from spreadsheets about favourite sport/Sporting team/Exercise/ Favourite food/How much fruit is eaten a day… How computers can help with keeping healthy:

Design & Technology	Geography
Understand and apply the principles of a healthy and varied diet. https://teachers.thenational.academy/units/cooking-and-nutrition-healthy-and-varied-diets-ec15 Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques. Plan a healthy menu with a balance of essential food types. Design and create a healthy drink. Food & Nutrition: Celebrating culture and seasonality https://teachers.thenational.academy/units/cooking-and-nutrition-celebrating-culture-and-seasonality-4416 Design and create new fitness products (trainers, t-shirts, bats, balls etc.) Research how sports equipment like tennis balls, cricket bats etc. are made. Research brands such as Nike, Adidas. Research fashion designers (be aware of positive body image – link to RSE & PSHCE 'if Barbie were real').	Locate the world's countries, using maps – link to artists that have been looked at. Also, link to sporting activities such as Olympics, Commonwealth Games, European Championships and other national and international sporting events. 2023 Study into the healthiest countries in the world – locate this on a map. 10. Norway As if we needed more proof that Scandinavia slays in the health department, Norway makes an appearance in this year's list thanks to clean air and water, high life expectancies (a little over 83 years), and low homicide rates (0.6 percent, compared to the world average of 3.7). We suspect the country's jaw dropping landscapes might improve life a little bit, too. 9. Monaco Tiny and exorbitantly wealthy, Monaco is the place to be if you want to live forever—or well into your 80s, at least. According to the UN's latest World Population Prospects report, the average life expectancy in Monaco is 85.9 years (the highest in the world right now), meaning its millionaire residents have even more time to enjoy their yachts and chef-prepared Mediterranean diets. 8. Australia One look at the beaches and it's easy to see why so many citizens in Australia are healthy and happy. Locally sourced food isn't a trend—it's a way of life here, as is surfing, hiking, and getting outdoors in general. New Zealand

	When you live among the world's best outdoor activities—not to mention some of the most beautiful landscapes—you can't help but be a healthy person. Whether you decide to kayak in Milford Sound or go bungee jumping in Queenstown during your vacation, you'll definitely feel invigorated on your plane ride back home. Auckland is also considered one of the best places to live in the world, with a redeveloped waterfront filled with green spaces and a thriving culinary scene that highlights Pacific flavours. 6. Taiwan Asian countries are known for fostering a culture of daily physical exercise, as well as boasting diets that prioritise rice, vegetables, and seafood over red meat. Taiwan is no exception: The East Asian nation offers universal healthcare for its citizens (and affordable healthcare for expats) and many high-quality hospitals in major cities. In 2020, Taiwan's government even turned Yangmingshan National Park into the world's first official Urban Quiet Park, giving residents a place to strengthen both their minds and bodies. 5. Finland Finland is famous for consistently being named the happiest country in the world—and we know that mental health is essential to any measurement of wellness. On the physical front, life expectancy in Finland has improved over the past two decades, thanks to efforts like an increase in health spending and a sharp decrease in the number of adult smokers. And who knows? Maybe there really is something to the country's notorious habit of ice swimming. 4. Hong Kong Though the United Nations does not recognize Hong Kong as an official country, its high placement on CEOWORLD's ranking is well worth calling out. The city has one of the world's highest life expectancies at birth—85.5, second only to Monaco—which the Lancet attributes to "a unique

	combination of economic prosperity and low levels of smoking." Add to that an abundance of city parks, high-quality hospitals, and easy access to mountains and beaches, and it's little wonder this metropolis earns such high marks in the health department. 3. Iceland Much has been written about the Northern Lights and Nordic cuisine—and it turns out both helped bump Iceland toward the top of this list. The country's citizens are active and outdoorsy, and a diet largely of fresh seafood and free-range meat helps keep life expectancy in the 80s for both men and women. (Turns out, there is something to those restorative Blue Lagoon baths, too.) 2. Singapore It may be better known for its food scene than, say, its workout classes, but Singapore happens to be one of the healthiest countries in Asia. People here seem to balance their love of hawker food with active lifestyles—in fact, the government handed out free Fitbits to its citizens in 2019. Even those who fall off the exercise wagon have one of the world's best healthcare systems as a safety net. 1. Italy Che meraviglia: Children born in Italy can expect to live into their 80s. Even in the land of pizza and pasta, most citizens lead active lifestyles and stick to vegetable- and olive oil-rich diets, which lead to better cholesterol and overall well-being. Guess it's time to add "being healthy" to the list of things Italians do better than everyone else.

History	Music
Link to Ancient Greeks - 500 BC: Ancient Greek physician Hippocrates – is possibly the first physician to focus on preventing sickness instead of simply treating disease, and also argued that disease is a product of diet, lifestyle and environmental factors. Link to The Victorians - Diseases were rife and often fatal. The average life expectancy was about 40 years. A visit to the doctor was expensive and there was very little effective medicine available beyond alcohol, opium and blood-letting with leeches. How healthy were Victorian children? Many Londoners died from illnesses such as cholera, measles and scarlet fever. Babies in over-crowded and damp housing were the most at risk from diarrhoea and tuberculosis. Even those in rich families died because of poor medical knowledge. Health and Medicine in the 19th Century – Victoria & Albert Museum http://www.vam.ac.uk/content/articles/h/health-and-medicine-in-the-19th-century/ The history of the NHS – On the 5th July 1948 an historic moment occurred in British history, a culmination of a bold and pioneering plan to make healthcare no longer exclusive to those who could afford it but to make it accessible to everyone. The NHS was born. The National Health Service, abbreviated to NHS, was launched by the then Minister of Health in Attlee's post-war government, Aneurin Bevan, at the Park Hospital in Manchester. The motivation to provide a good, strong and reliable healthcare to all was finally taking its first tentative steps. The creation of the NHS in 1948 was the product of years of hard work and a motivation from various figures who felt the current healthcare system was insufficient and needed to be revolutionised. https://www.historic-uk.com/HistoryUK/HistoryofBritain/Birth-of-the-NHS/	**See also Charanga Schemes of work** Seasonal music (Christmas, Easter etc.) On-going music lessons from Music Service. Seven unexpected times that classical music and sport collided: Debussy and the ballet about the lost tennis ball. Elgar pens a football song in 1898 Shostakovich and the Soviet football team head west. Sibelius skis down a lonely trail. Ives's pitch perfect baseball musical. Honegger tackles the games of rugby Monks playing football inspire Poulenc's Gloria. https://www.bbc.co.uk/music/articles/0c1d62a4-01a6-496e-9bc8-978dd48327f1 Fun songs such as 'Heads, shoulders knees and toes' – reword the songs or create new songs about the body. Link to Science with sound. Look at pitch and volume of music. The effect of music on mood – different genres have different effects on the body and mood. Listening to music has been repeatedly shown to have ergogenic benefits during various modes of exercise, including endurance, sprint, and resistance-based activities. Music is commonly incorporated into training regimens by recreational exercisers and competitive athletes alike. While specific modalities of exercise elicit varying physiological responses, listening to music has been shown to modulate many of these responses (i.e., heart rate, catecholamines, muscle activation) often leading to

In January 1948, Bevan, then Minister for Health and Housing, announced that on 5 July the National Health Service would launch. In those six months, the introduction of the NHS was resisted in parliament and by doctors and dentists who feared a loss of independence https://www.england.nhs.uk/nhsbirthday/about-the-nhs-birthday/nhs-history/ On 5 July 2023, the NHS will mark 75 years of service. Australia/New Zealand – link to art with Maori/ Tribal face and body. The history of the Olympic movement (with links to Ancient Greece). Chinese and Japanese clothing & footwear e.g. Kimono (link to DT). The origin of fizzy drinks (Cola/Pepsi). History of various sports – Rugby, football, cricket, golf, tennis… Some sports take their origin from ancient hunting skills.	improved performance. Furthermore, listening to music during exercise may positively impact psychological (i.e., mood, motivation) and psychophysiological (i.e., rate of perceived exertion, arousal) changes, which may allow for favourable responses during an exercise challenge. However, there is mixed evidence regarding music's efficacy, which may be mediated through differences in music selection and preference. Emerging evidence has shown that, whether an individual prefers or does not prefer the music they are listening to during exercise greatly influences their ergogenic potential in addition to physiological, psychological, and psychophysiological responses to exercise. From a practical standpoint, music may be controlled by the individual through headphones but is often played communally over speakers in locker rooms, gyms, and health clubs, which may have consequences on performance and training. The following review will describe the physiological, psychological, and psychophysiological responses to exercise while listening to music and how music preference may particularly alter them. Current knowledge and new evidence on how music preference factors into enhancing performance in various modes of exercise will be further discussed, incorporating practical considerations for individuals and practitioners in real-world applications to optimize performance.

Physical Education	Science
See also RealPE Schemes of work. Perform dances using a range of movement patterns On-going PE lessons thematically linked to meet the seasons e.g. football/tennis/rugby/ swimming etc. Invent a new game (physical exercise related) Link to Science – Keeping fit and healthy.	Identify and name the main parts of the human circulatory system, and describe the functions of the heart, blood vessels and blood. Recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function. Identify that humans and some other animals have skeletons and muscles for support, protection and movement. Describe the ways in which nutrients and water are transported within animals, including humans. Describe the changes as humans develop to old age. Describe the simple functions of the basic parts of the digestive system in humans. Identify the different types of teeth in humans and their simple functions. Construct and interpret a variety of food chains, identifying producers, predators and prey. Look at the function of the eye (light) & (sound) https://app.discoveryeducation.co.uk/learn/channels/channel/a175182a-f29d-4bcb-92aa-80f24b6e460f?embed=false&embed_origin=false Eating, Moving & Growing - Discovery Espresso (LKS2) https://app.discoveryeducation.co.uk/learn/channels/channel/1a63f75b-d5ff-4e70-8cf7-fec8ede15b70?embed=false&embed_origin=false Eating, Moving & Growing - Discovery Espresso (UKS2)

	8 tips for healthy eating (NHS) https://www.nhs.uk/live-well/eat-well/how-to-eat-a-balanced-diet/eight-tips-for-healthy-eating/ Exercise Guidelines (NHS) https://www.nhs.uk/live-well/exercise/
Modern Foreign Languages	**Other Ideas**
Speak in sentences, using familiar vocabulary, phrases and basic language structures. Present ideas and information orally to a range of audiences. Describe people, places, things and actions orally and in writing. Name basic body parts. Hair/eye colour. Name some sports/actions. Use sentences to say 'I like/I don't like…' Say basic phrases such as 'I like tennis' or 'I like playing tennis.' Re-learn heads, shoulders, knees and toes in another language.	

English	Maths
https://www.booksfortopics.com/healthy-humans **Fiction**: Pig Heart Boy by Malorie Blackman Chapter book The Bubble Boy by Stewart Foster Chapter book George's Marvellous Medicine by Roald Dahl & Quentin Blake Chapter book The Astounding Broccoli Boy by Frank Cottrell Boyce Chapter book Alice Dent and the Incredible Germs by Gwen Lowe Chapter book **Non-Fiction:** Anatomicum Junior by Jennifer Z Paxton & Katy Wiedemann Kay's Anatomy by Adam Kay & Henry Paker illumanatomy by Kate Davies & Carnovsky Marvellous Body: A Magic Lens Book by Jane Wilsher & Andres Lozano See Inside Your Body by Katie Daynes & Colin King Gut Garden by Katie Brosnan Look Inside: What Happens When You Eat by Emily Bone & Stefano Tognetti Care for Your Teeth by Martha E. Rustad Your Brilliant Body: Your Growling Guts and Dynamic Digestive System by Paul Mason Dr Ranj Brain Power by Dr. Ranj Singh & David O'Connell The Brain Book by Dr Liam Drew The Bright and Bold Human Body: The Reproductive System by Sonya Newland The Bright and Bold Human Body: The Skeleton and Muscles by Sonya Newland Human Body, Animal Bodies: Muscles and Movement by Izzi Howell The DNA Book by DK Meet the Microbes by Dr Emily Grossman &Maggie Li Picturebook Grow: Secrets of Our DNA by Nicola Davies & Emily Sutton	Measure and scale (when using maps) Data handling when recording exercise/likes/dislikes Surveys and data analysis. Mean, mode and median when looking at heights/weights etc. STEM Learning that links maths and health care https://www.stem.org.uk/resources/community/collection/21344/teaching-and-learning-mathematics-context-health-care

Kay's Marvellous Medicine by Adam Kay **Song**: **Drama:**	

Courageous Advocacy	Developing Spirituality
The importance of a balanced diet – thinking about those that don't have enough food or water. Supporting food charities such as the Trussell Trust The things we need to be healthy – supporting charities such as Shelter The importance of good mental health and staying safe – look at the NSPCC. Supporting sporting charities like Sports Relief and Soccer AId	Awe and wonder in what our bodies can do and achieve.