

Health and Well-being

- Explore what makes a healthy body and mind.
- Investigate the nutritional needs of athletes
- Design and make healthy snacks for ironman athletes
- Learn about the importance of sleep, hydrations and exercise
- Practice mindfulness and goal-setting like athletes do.
- Make a healthy snack for the Ironman athletes
- Gymnastics (Autumn 1)
- Swimming (Autumn 2)

Humanities

- (Map work) Explore the geography of Tenby and Ironman Wales routes
- (Timeline) Learn about the history of Ironman
- Discuss values such as perseverance, courage and the community spirit
- Compare Ironman Wales to other global Ironman events.
- Explore different inspiration people who have made big changes such as Rosa Parks (Black History Month)
- Map where athletes have travelled from for the Ironman Wales event
- Inspirational people – Timelines

Expressive Arts

- Create Ironman-inspired artwork
- Design an Ironman tattoo
- Compose Ironman-themed music or chants
- Create a mural or collage of Ironman Wales
- Watercolour seascapes inspired by Naomi Tydeman (start line)
- Make an ironman using recycled materials (junk modelling)
- Compose a soundscape for Iron Man's arrival
- Christmas art

RVE

- Identifying the qualities and feelings linked to an Ironman
- Uniqueness – use a Venn diagram to compare themselves to a friend
- Rama and Sita (Diwali)
- Festival of Eid (importance of fasting)
- Fairtrade food (fairness in sport)
- How other faiths teach respect for the body

'What does it take to be an Ironman?'

'Who are the people that inspire you?'

Science and Technology

During the term the children will engage in a range of science and technology lessons and experiments which might include:

- Learn about muscular, skeletal and cardiovascular systems
- Investigate how different materials are used in sports gear
- Investigate heart rates during physical activity and when not active
- Darwin Science session
- Use ICT to research Ironman events and athletes
- Develop digital skills by creating a poster to advertise our own Ironkids event
- Use ICT to record circuits data
- Explore websites and extract information

Languages, Literacy and Communication

Each week the children will engage in guided reading sessions, phonics, comprehension, grammar, handwriting and a weekly spelling test.

During Autumn term 1 our story focus will be 'The Iron Man' by Ted Hughes. The children will complete a cold task at the beginning of the term which they have to write a short story about mysterious creature. The children will engage in various activities linking to the story such as a diary entry, drama, descriptive writing, predictions, developing the children's understanding of story structure, planning and mapping a new story about Iron Man and finishing with a hot task to see improvements from the cold task. The children will think of questions to ask an Ironman athlete, write a recipe for a nutritious snack and create a fitness video. In Autumn term 2, our focus is inspirational people, therefore the children will create fact files, biographies, speech and write a letter to a hero.

Mathematics and Numeracy

- Measure distances for the mini-Ironman
- Time races and calculate averages
- Create bar charts of training progress
- Budget for healthy snacks – How many bananas for 30 athletes?
- Place Value
- Addition and Subtraction
- Multiplication and Division
- Measurement (area)

Daily -

- Times tables
- Number facts
- BIG MATHS