

LO: I can identify that animals, including humans, need the right types and amount of nutrition and that they cannot make their own food.

Background Information:

In this Science block you will become personal trainers for a hockey team who are in need of dietary, health and training advice. The team have not won a match all season and need to turn things around so they can win the league next year! You will be introduced to the task during the session and find out about the 6 members of the team and discover each person's background, health and training issues. Throughout the block, session by session, you will gather the knowledge, skills and understanding needed to become "Health and Fitness Experts." Your work will include doing some of your own research, so that by the last session you will be ready to give a health and fitness presentation tailored to their team member's individual needs.

Hopefully, taking on the role of a personal trainer will be highly motivating and give purpose to the learning, not just in the topic objectives (Animals including Humans) but also by asking you to work Scientifically. I am really looking forward to your presentations at the end!

Team Member Information Folders

There are six information files, one for each of the hockey team members. You will need to choose one of the team members to become their 'Health and Fitness Expert'.

Each folder will contain a food questionnaire and a fitness questionnaire and a copy of the sugary foods reference chart (for the year 4s). You will need to keep your data and research together so it builds up over the sessions ready to use for your presentation in Session 6.

Tasks

Year 3 Task – Count and record the fruit and veg portions for each day

- Counting individual items (from survey) (use the attached recording sheet to help)
- Bar chart will not require a scale

Year 4 Task – Calculate the total sugar consumption for each day

- Calculation required cross referencing sugar values using the chart in the file (use the attached recording sheet to help)
- Bar Chart will need a scale in the vertical axis