

## **PE:**



### **Athletics (track):**

- To sprint, I move my arms and legs with more power. To start, I put my stronger leg behind me and continue at top speed until I have passed the finish line.
- When jogging, I inhale through my nose and exhale through my mouth. My upper body is more relaxed than when I sprint.

### **Athletics (field):**

- To increase my power when throwing, I transfer my body weight from my back foot to my front foot.
- To generate momentum and power, I need a smooth transition between my hop, skip and jump.
- To complete an effective triple jump, I hop with my weakest leg. I skip onto my stronger leg to build momentum for my final jump.
- Momentum: consistent motion/moving.



## **RE:**



- Siddhartha Gautama (better known as the Buddha) was a Hindu prince who renounced his position and wealth to seek enlightenment, attained his goal and founded Buddhism in India in the 6th-5th centuries BCE.
- Buddhists follow dhamma (teachings) to avoid bad karma & escape the cycle of samsara (the cycle of life, death and rebirth).
- Buddhists follow the Eightfold Path (Right view, Right Intention, Right speech, Right action, Right livelihood, Right Effort, Right Mindfulness and Right Concentration) as the way to enlightenment.

## **Rainforest Rangers**

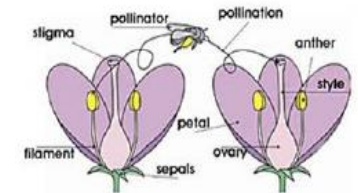


## **PSHE:**

- Self-esteem is how we value and perceive ourselves.
- Relationships are personal and there is no pressure to form a relationship with someone I may be attracted to.
- Recognising and resisting pressures when using technology will help me have healthy online relationships.

## **Science:**

- A life cycle is the different stages of life for a living thing.
- The differences between a life cycle could be: the way they start, the number of stages and how the young look compared to the adult.
- Plant reproduction is either sexual or asexual. Sexual reproduction involves two organisms. Asexual reproduction involves one parent.
- The parts of a plant include:



- A naturalist is any person who studies the natural world. David Attenborough is a natural historian and broadcaster who has introduced millions of people to a variety of animals from around the world. Jane Goodall is a British scientist who has studied chimpanzees for many years.



### Art:

- Vivian Suter leaves her paintings outside in the rain so that nature can have an impact on them. Her pieces represent the ecosystem and the spirit of her surroundings
- Mixing colour can divide foreground from background by using tones.
- Contemporary abstraction is modern art that uses colours, lines and shapes but does not represent living things/objects.
- Layers and overlays can create new colours/textures.



### Computing:

- There are some forms of communication that can only happen via technology.
- If you communicate with someone online who causes you harm, it is not your fault.
- An online community is a way to support others online.
- Programs are a defined set of algorithms that are completed in order to achieve a task.
- Design means to plan the structure or form of something.



## Rainforest Rangers



### French:

*Quel est ton fruit préféré ?* = What is your favourite fruit?  
*Mon Préféré* = My favourite is..  
*J'aime* = I like..  
*Je n'aime pas* = I don't like...



### Music:

- We breathe from our abdomens when we are singing to allow our lungs to expand without tension and our shoulders should not rise when we breathe in.
- A round in music is a composition in which several voices sing exactly the same melody staggered at different times.



South America

Algorithms

Life cycle

Momentum

Reproduction

Buddha

Self-esteem

Eightfold Path

Ecosystem

Rainforest

Power

### Geography:

- The Amazon Rainforest is located in South America; it is mostly contained in Brazil, Peru, Ecuador and Colombia. It is the largest rainforest in the world.
- The New Forest is an area of southern England. It covers south-west Hampshire and extends into south-east Wiltshire and towards east Dorset.

