



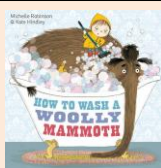
Curriculum Letter

Autumn Term 1 2026

Welcome to Kestrel Class!

I hope you had a lovely summer holiday. Our topic this half term is 'Healthy Heroes'. We will be learning all about living a healthy lifestyle through diet and exercise, by learning about our bodies and trying lots of healthy foods! Below is an outline of what the children will be learning and some useful ideas of how you can help your child to succeed. I look forward to meeting you all throughout the year.

Miss Hubery



English

In English this half term we will be starting with a narrative story about a Superhero Potato and writing our own versions with other super fruits or vegetables. We will be learning to use the best descriptions we can and make our sentences exciting using different starters.

We will also be reading 'How to Wash a Woolly Mammoth' by Michelle Robinson to learn about the key features of an instruction text. We will then be writing our own instructions to make a healthy, balanced pizza!



Maths

In the first half term we will be covering:

- Place value of 3-digit numbers
- Ordering and comparing numbers to 1000
- Addition and subtraction of 1, 2 and 3-digit numbers

As well as recapping key learning from Year 2.

You can help at home by:

Providing opportunities to practise addition and subtraction and talking about the place value of numbers e.g. 'How many tens in 167?' and by encouraging your child to tell you about what they have been learning in school.

P.E.

P.E. is going to be outdoors this half term and will be on **Wednesdays and Thursdays**. Please ensure your child has their P.E. kit in school at all times, including suitable footwear.

We will be working on our Fundamental Movement skills and developing our striking skills in tennis.

Science

We will be learning about what makes a balanced diet using the Eatwell guide and comparing this to the diets of other animals. We will also be learning about the function of our skeleton, the names of different bones and how muscles work.

Useful Websites:

<https://www.bbc.co.uk/bitesize/topics/zhvbt39/articles/zmjkxbk>
<https://www.nhs.uk/healthier-families/>

Design Technology

In DT, we will be developing our skills of designing, making and evaluating by creating our own pizzas using our knowledge of the Eatwell food

Homework

A 'Homework Menu' will be sent home with your child with a choice of tasks to complete over the half term. This will be explained in more detail in our upcoming parents meeting.

Fruit at Playtimes

Now that your child is in Year 3, they are no longer provided with a snack at morning playtime. If your child wishes to have a snack at this time, please provide a piece of fruit for them which they can put in their tray in the morning.