



We are healthy - geography

How does where we live affect how healthy we are?

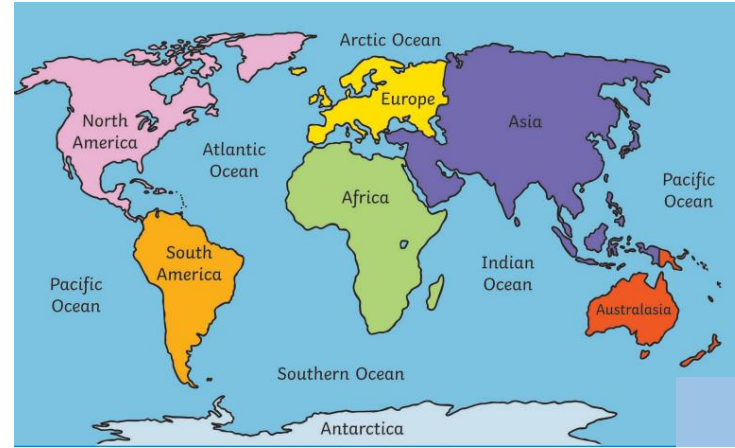
YEAR 3
Term 1

Key Vocabulary

- continent
- country
- compare
- equator
- hemisphere
- economy
- population
- climate
- desert
- location
- poverty
- wealth

World and UK Geography

- There are seven continents: Europe, Africa, Asia, Australasia, Antarctic, North America, South America
- The major seas of the UK are: the Pacific Ocean, Atlantic Ocean, Indian Ocean, Arctic Ocean and Southern Ocean
- Continents are divided into countries
- The United Kingdom is in Europe
- The UK is divided into counties. The county where we live is Kent
- The capital city of the UK is London
- Towns are usually smaller than cities and villages are smaller than towns. St Michael's is a village
- The major seas surrounding the UK are the North Sea, Irish sea, the English channel and the Atlantic ocean.



- London and the south east are the wealthiest areas of the UK
- The poorest parts of the UK are in Wales, the North East and West Midlands
- Europe, North America and Australasia are the most wealthy continents in the world
- The poorest countries in the world are in Africa
- There is a direct link to the amount of money people have to how healthy they are



We are healthy

What can we do to have a healthier future?

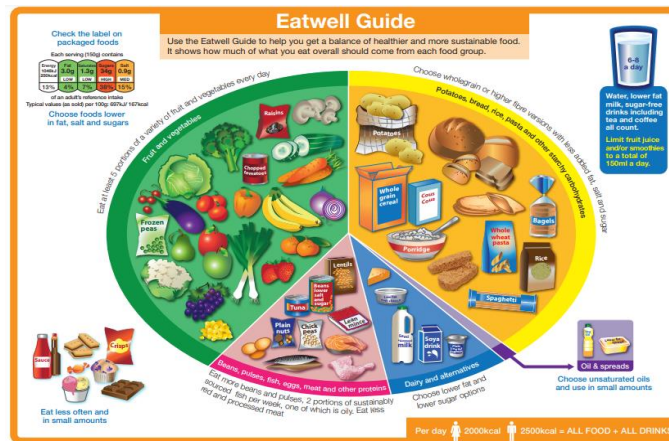
YEAR 3
Term 1/2

Key Vocabulary

- Being healthy is about being physically and mentally healthy
- To be healthy you can:
 - Exercise regularly
 - Eat a balanced diet
 - Have a happy and positive attitude
 - Have a good sleep schedule
- The Eatwell guide suggests how we should break down our food choices in the healthiest way. We should mostly eat fruit and vegetables and wholegrains.



exercise
calories
energy
fat
protein
fibre
carbohydrate
balanced-diet
obesity
overweight



- Obesity is a serious condition caused by lack of exercise and over-eating.
- All food contains calories – we need calories to give us energy, but too many calories are stored as fat
- We need to avoid eating too many fast food items and processed foods as they are high in fat, sugar and salt



Invaders – Anglo Saxons - history

How did the Vikings and Normans change life for the Britons?

YEAR 3
Term 3/4

Key Vocabulary

invade
artefact
Anglo Saxon
tribe
kingdom
rebellion
settle

449
AD

Anglo Saxons invade England

Anglo Saxon people

600s
AD

Saxons gradually take over England

793
AD

Vikings attack from Norway

871
AD

King Alfred the Great becomes king of Wessex

927
AD

King Athlestan conquers the last Viking city - York

937
AD

Athlestan and Saxons defeat Vikings, Scots, Welsh and Irish

939
AD

Athlestan dies and Vikings take back the north

1042
AD

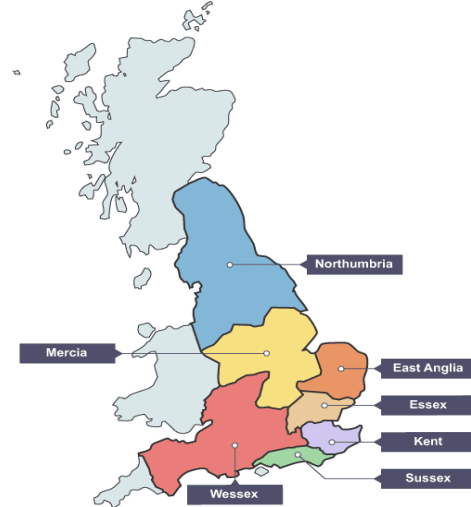
Edward the Confessor becomes king

1066
AD

Edward the Confessor dies and Harold is crowned king

- The Anglo Saxons came to England from northern Europe in the 5th and 6th centuries
- They were a mix of tribes from Germany, the Netherlands and Scandinavia
- The three biggest tribes were the Angles, the Saxons and the Jutes.
- The land they settled in became known as 'Angle-land', or England.
- They brought Germanic languages and new customs and dress.
- They were good craftsmen

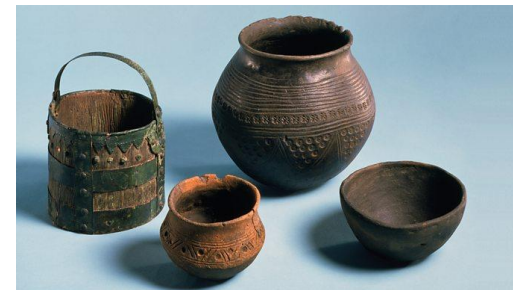
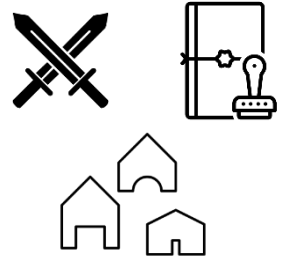
Kingdoms



- Anglo Saxon England was divided into separate kingdoms with their own leaders
- People lived in villages in small one-roomed homes made of wood
- Most Anglo Saxons were farmers

Archaeology

- We know about Anglo Saxon life through archaeological finds such as at Sutton Hoo
- An Anglo Saxon monk called Bede wrote about the history of the English people and from the Anglo Saxon Chronicles



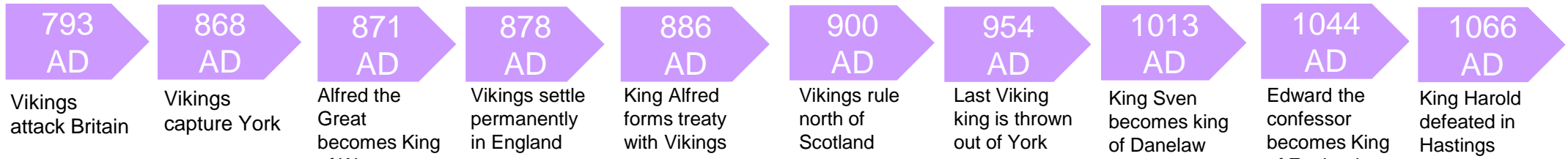


Invaders – Vikings - history

How did the Vikings and Normans change life for the Britons?

YEAR 3
Term 3/4

Key Vocabulary



Viking people

- The Vikings came from Scandinavia: Norway, Sweden and Denmark
- They were traders, looking for silver, silks, spices, wine and jewellery
- They were also looking for land to settle in.
- The word Viking means “pirate raid”
- In AD 865 the Vikings came to England looking to conquer land as they had little good farmland in their own countries
- They took over most of the north and eastern parts of England. This area was known as Danelaw
- The Vikings came to England in longships

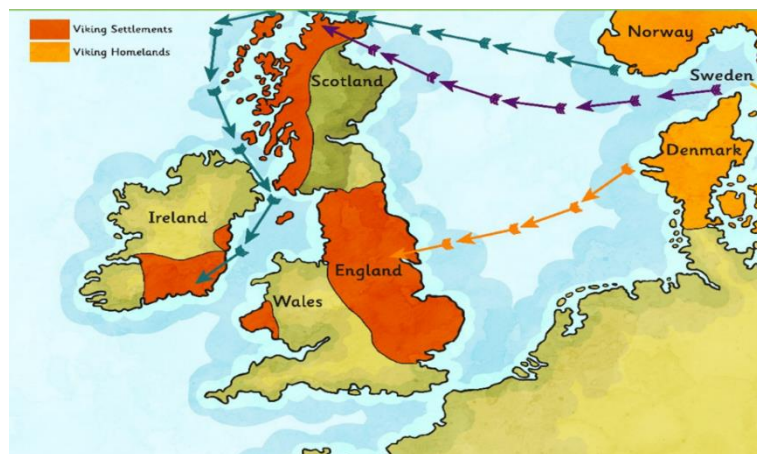
Danelaw

- The most important city in the Danelaw was Jorvik (York)/ Over 10000 people lived there
- We get many of our place names from Viking origin
- Vikings built longhouses from stone or wood. Animals lived in the longhouse as well as people

Writing

- Vikings did not write stories, but using runes, carved letters into wood and stone to label household items and for record keeping.

invade
 artefact
 Anglo Saxon
 tribe
 kingdom
 rebellion
 settle
 Viking
 longboat
 runes



The Viking Runic Alphabet

Invaders – Normans - history

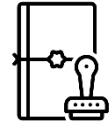
How did the Vikings and Normans change life for the Britons?

YEAR 3
Term 3/4

Key Vocabulary

1066 AD	1068 AD	1070 AD	1070 AD	1078 AD	1085 AD	1087 AD	1100 AD	1135 AD	1154 AD
Last Anglo-Saxon King, Harold, is defeated at the Battle of Hastings	William the Conqueror builds Warwick Castle	Normans move into Wales, building castles	Bayeux tapestry is completed	Work begins on Tower of London	Domesday Book created	William I dies and is succeeded by his son William II	William II dies and Henry, his brother, becomes king	Henry's nephew Steven becomes king	Steven dies, the last of the Norman kings

invade
artefact
conquer
battle
Anglo Saxon
tribe
kingdom
monarch
succession
rebellion
settle
heir
castle



Norman people

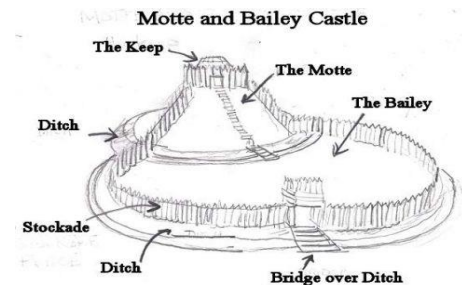
- The Normans were originally Vikings who settled in northern France
- They were skilled in warfare and gained land in France and in Europe
- In 1066 they invaded England
- Their leader William of Normandy led the rebellion and won
- King Harold, the English king was killed in the battle
- William became king of England and was crowned on Christmas Day

The Battle of Hastings

- William and his army landed at Pevensey in Sussex
- He had 7000 soldiers, with horses and superior weapons to the English
- William and his army went to Hastings and fought with King Harold and his men on Senlac Hill
- Harold's army was tired as they had been marching for many days and had recently come from fighting off the Vikings
- Harold is said to have been killed with an arrow to the eye

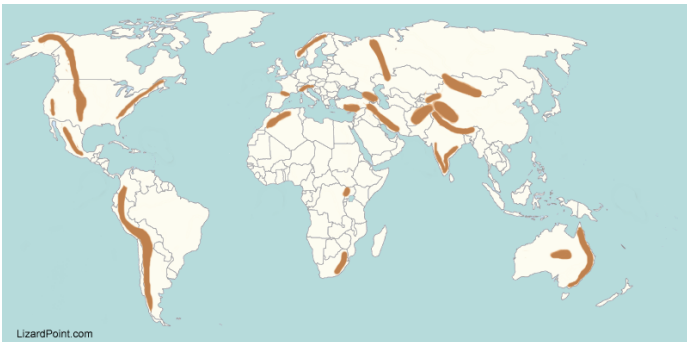
Norman legacy

- The Normans spoke French, so a number of French words became part of the English language
- They built motte and bailey castles around England. These were made of wood, but later replaced with stone. Many of these castles still exist, such as Dover, Rochester and Pevensey Castles
- Our surnames were created in Norman times
- William II commissioned the Domesday Book which has given us much information about the history of the time

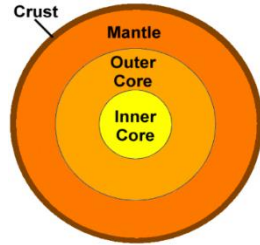


Locations of mountain ranges

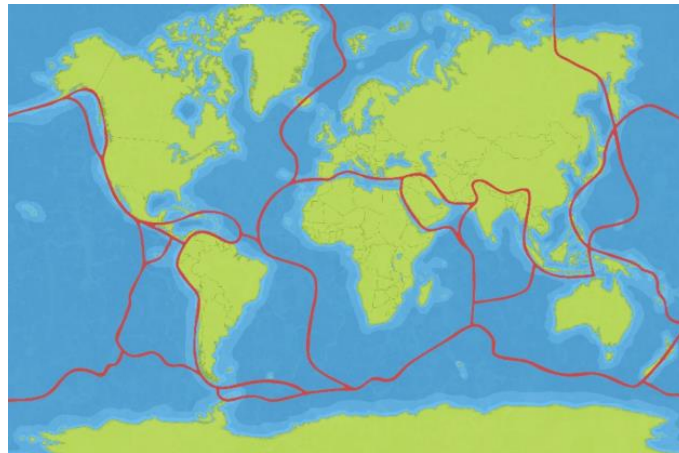
- The highest mountain ranges in the UK are the Grampians, Snowdonia, Cambrian Mountains and the Pennines
- The highest mountain ranges in Europe are the Alps
- The world's longest mountain range is the Andes in South America
- The highest world mountain ranges are the Himalayas, when Mount Everest is situated – the highest mountain in the world.



How mountains are formed

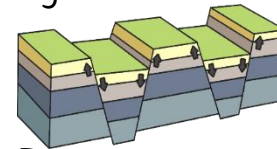


- The outer layer of the earth is called the crust. It is between 5km and 70km thick and floats on the mantle
- The crust is made up of tectonic plates which fit together like a puzzle covering the earth.



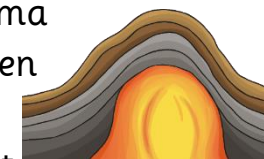
- Mountains are called when plates meet each other
- The “Ring of Fire” is an area in the Pacific Ocean with the most volcanoes.
- A volcano is an opening in the Earth’s crust that allows magma to escape.

- Fold mountains occur when plates collide and the edges of the plates are pushed together.



- Fault block mountains occur when cracks in the earth’s surface open up and rock is pushed up.

- Dome mountains are formed when magma is forced up between the crust and the mantle, but doesn’t ever flow out.



- location
- hills
- mountains
- crevasse
- dormant
- erosion
- eruption
- lava
- magma
- peak
- range
- ravine
- slope
- summit
- valley
- volcano



On Top of the World - history

Can humans live on mountains?

YEAR 3
Term 5/6

Key Vocabulary

Inca Empire

Mountain climbing

- avalanche
- blizzard
- crevasse
- glacier
- peak
- range
- summit
- sherpa

- The Inca Empire was in the Andes Mountains in South America
- It began in the 13th century and continued until 1500s
- Machu Picchu was the capital of the empire, 2350 metres above sea level
- Incas used step terraces to farm on the mountainside
- The Incas were excellent engineers and built structures from stone and clay.

- The first recorded mountain climb was in 1786, when two climbers summited Mont Blanc
- Mount Everest was limbed in 1953 by Sherpa Tenzing Norgay and Sir Edmond Hilary
- Sherpa have been very important in helping climbers to get to the top of Everest ever since.

- Mountain climbing is dangerous because of:
 - avalanches
 - landslides
 - altitude sickness
 - blizzards
 - snow
 - frostbite and hypothermia
 - earthquakes and eruptions
 - crevasses

