

Riverside Primary School

Curriculum Newsletter for Families: June 2026

Year 4

This half term our theme is...



Healthy Me



Welcome to the new half-term. This newsletter provides you with the opportunity to find out all about what your child will be learning over the coming weeks, along with some ideas and suggestions for some activities you could try to support their learning at home. We hope that you find these newsletters informative and useful.

What are we learning during this theme?

During this half term, the children will be learning about how to keep healthy through the topic 'Healthy Me'. In Science, they will be studying the topic of living things and their habitats, whilst in RE, they will be studying the enquiry question: What does sacrifice mean? In PSHE, the children will be learning about changes in their bodies, different kinds of medicines and drugs, as well as being taught some First Aid Skills. Linking nicely to our 'Healthy Me' topic, in D&T, the children will have the opportunity to create a healthy pasta dish. Computing will be learning about communication, including emails and cloud storage, and in French, we will learn new vocabulary all about our families. This half term in PE, we will be focussing on cricket and athletics, ready for our Sports Day. Our PE day will remain on Fridays for the rest of the year.

You can also find more information about our learning on our Medium Term plan and via our Knowledge Organisers, which are available on our school website: <https://www.riversideprimary.co.uk/curriculum/>

Trips, Visitors and Experiences

We're delighted to welcome M&M Productions to the school for a live performance, bringing the magic of theatre to our very own hall. Sports Day is just around the corner, and selected pupils will represent our school at the District Sports event! We've also got the excitement of Moving Up Day, where children will spend time in their new classes.

How can you support your child at home?

Every week, your child will receive their usual home learning tasks of reading, spelling and times table practice and the expectation is that these are completed daily. Children will also be given a homework task to complete once a week and this will alternate every other week from being a piece of written English work, or a piece of maths work from the CGP homework books. All our homework tasks can be found on Google Classroom.

Things to do:

Build a food chain.

Make a design of a healthy/balanced plate of food.

Make a weekly healthy shopping list.

Plan and do a PE lesson that you can do outside!

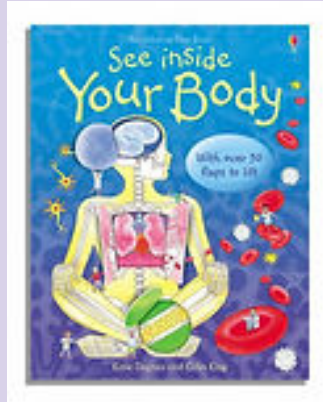
Create a food alphabet.

Make a healthy dish out of playdough.

Books to read:

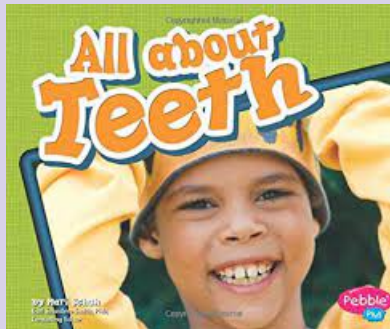
See Inside Your Body

Katie Daynes & Colin King



All about teeth

Mari C Shuh



Carnivores, herbivores and omnivores

Nichola Tyrrell



Things to watch:

Joe Wicks workouts:

[5 Minute Energising Fun Kids Workout | The Body Coach TV](#)
[8 Minute SPIN THE WHEEL Kids Workout | The Body Coach TV](#)

Computing set of videos linked to this term's topic: [:KS2 Computing - BBC Bitesize](#)

Healthy lifestyles:
[Healthy Lifestyles](#)

Balanced diets:
[Healthy Eating for Kids - Learn About Carbohydrates, Fats, Proteins, Vitamins and Mineral Salts](#)

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[Healthy Eating for Kids - Learn About Carbohydrates, Fats, Proteins, Vitamins and Mineral Salts](#)

Food chains:
[The Food Chain for Kids](#)