| **AOLE: Science and Technology** |
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| **Unit or lesson** | **Additional material** | **Links to other units** |
| What happens to your heart when we exercise? | External workshops available;XL Wales Workshop | Boxing fitness (Nicola Adams)Boxing circuitsboxing skipping |
| Injuries and first aid | British Red Cross resource |  |
| Investigate the work of Granville T WoodsThink like an inventor |  | Fairground art  |
| Research Injustice in Science: Charles DrewHenrietta LacksGranville T WoodsMerlin Pryce (link to work from Waterfront Museum) |  | Fairground design |
| Set design |  | A square ring (measuring the boxing ring) |
| Sports NutritionDesign make and evaluate an energy bar or smoothie for an athlete |  | Resource sheets:Eatwell PlateHow to make a healthy snack template |
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