



let anyone look down on you because you are young but set an example for the believers in speech; in conduct; in love; in faith and in purity.
(1 Timothy 4:12)

Subject: Science

Year group: 6 Term: Spring 1

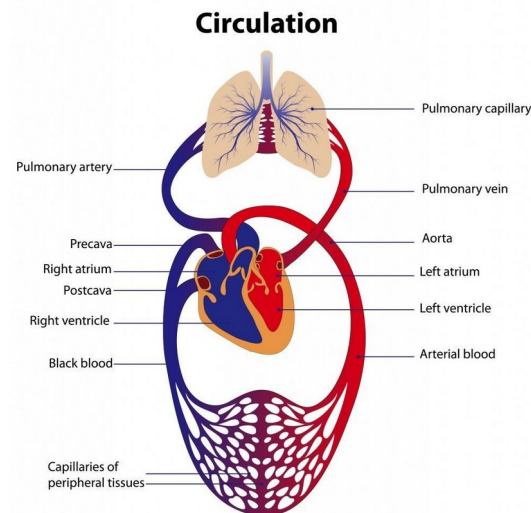
Title: Exercise, Health and the Circulatory System - Biology

What should I know?

- The effects physical activity has on their body
- The importance of eating a healthy range of food
- The importance of daily physical exercise
- The name of our senses and which body part they are associated with.
- That humans have basic needs (water, food and air) for survival
- The importance of exercise, hygiene and a healthy, balanced diet.
- That animals and humans need the right amount of nutrition and that this comes from what we eat
- The functions of the basic parts of the digestive system in humans
- The names and functions of the different teeth
- How to care for teeth and gums correctly
- How food chains work and how to identify producers, predators and prey.

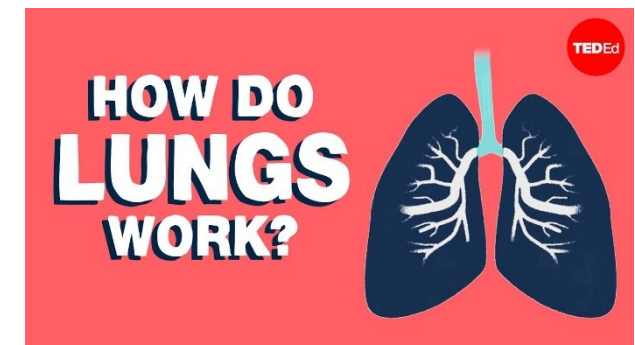
Facts I will learn ...

- To name and identify the main parts of the human circulatory system, and describe the functions of the heart, blood vessels and blood
- Describe the impact of diet, exercise, drugs and lifestyle on the way their bodies function
- To describe the ways in which nutrients and water are transported within animals, including humans



Key questions ...

- What is 'pulse rate'? What is it that we can feel?
- Why do we have lungs? Why do we have a heart? How do our heart and lungs work together to help keep us alive?
- Why does our heart beat faster and our breathing increase when we exercise?
- Do different types of exercise affect our heart in different ways? Which types of exercise are better for our hearts?
- What if our blood always circulated at the same speed?



Key Skills... - Identifying the name and function of the main parts of the circulatory system - Describing the impact of diet and exercise - Explaining how water and nutrients are transported around the body	Experiences that school may provide: - PE lessons with a sports coach - A visit from a dietitian/nutritionist	Key vocab and definition <table><tr><td>Heart</td><td>A hollow muscular organ that pumps the blood through the circulatory system</td></tr><tr><td>Heartbeat</td><td>The pulsation of the heart</td></tr><tr><td>Pulse</td><td>A rhythmical throbbing of the arteries as blood is propelled through them</td></tr><tr><td>Pulse rate</td><td>The number of heartbeats per minute</td></tr><tr><td>Muscle</td><td>A band or bundle of fibrous tissue in a human or animal body that has the ability to contract, producing movement in or maintaining the position of parts of the body</td></tr><tr><td>Blood vessel</td><td>A tubular structure carrying blood through the tissues and organs</td></tr></table>		Heart	A hollow muscular organ that pumps the blood through the circulatory system	Heartbeat	The pulsation of the heart	Pulse	A rhythmical throbbing of the arteries as blood is propelled through them	Pulse rate	The number of heartbeats per minute	Muscle	A band or bundle of fibrous tissue in a human or animal body that has the ability to contract, producing movement in or maintaining the position of parts of the body	Blood vessel	A tubular structure carrying blood through the tissues and organs
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Web links https://www.bbc.co.uk/bitesize/topics/zwdr6yc https://smileandlearn.com/app/circulatory-system/?lang=en	Experiences that could be provided at home... - Completing daily exercise and taking heart rates afterwards – how do your families differ? - Keeping a food diary														

		Blood	The red liquid that circulates in the arteries and veins of humans and other vertebrate animals, carrying oxygen to and carbon dioxide from the tissues of the body
		Lung	The pair of organs situated within the ribcage, consisting of elastic sacs with branching passages into which air is drawn, so that oxygen can pass into the blood and carbon dioxide be removed
		Oxygen	A colourless, odourless reactive gas and the life-supporting component of the air.
		Oxygenated blood	Blood that has released its CO ₂ content in exchange with oxygen molecules in the lungs
		Carbon dioxide	A chemical compound

			composed of one carbon and two oxygen atoms.	
		Circulate	Move continuously or freely through a closed system or area	
		Organ	A part of an organism which has a specific vital function	