



What I should already know:

The types of food that humans and other animals need in order to stay alive.

The functions of the skeleton and muscles.

By the end of this unit:

Children will know how to keep their bodies healthy and how their bodies might be damaged.

They will develop a deeper understanding of what constitutes a healthy diet, through exploring food groups and how the body uses them.

Know how food is packaged and use labels to find out what snacks and drinks contain, and use this information to inform their own choices of drinks and snacks.

Know how the results of scientific enquiries have influenced what we eat.

Know the effects of exercise on the body and develop their understanding of the circulatory and respiratory systems through the investigation of the effects of exercise on the pulse and its recovery rate.

Know about the training regimes of athletes and learn about special diets and training programmes.

Know that drugs can help us as well as cause us harm.

Key Learning that shows understanding using scientific

When working scientifically, children will use secondary sources of information with increasing independence in order to find answers to questions about the effects of different food and drugs on the body.

Research using non-fiction books, web-based material and health education publications.

Children will carry out and illustrate a practical activity in which they will investigate the effect of exercise on the body

Children will report and present findings from their enquiries in a variety of ways, both orally and in written forms including labelling diagrams, drawing conclusions, identifying causal relationships and explaining their thinking.

YEAR 6: Body Health
Science: Strand—Biology

Working Scientifically

Recording data and results of increasing complexity using scientific diagrams and labels, classification keys, tables, scatter graphs, and bar and line graphs



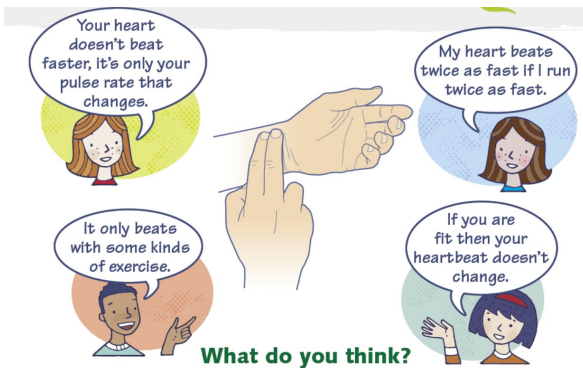
Reporting and presenting findings from enquiries, including conclusions, causal relationships and explanations of and degree of trust in results, in oral and written forms such as displays and other presentations

Identifying scientific evidence that has been used to support or refute ideas or arguments

Taking measurements, using a range of scientific equipment, with increasing accuracy and precision, taking repeat readings where appropriate; reporting and presenting findings from enquiries, including degree of trust in results

**TRAIN LIKE AN ATHLETE,
EAT LIKE A NUTRITIONIST,
SLEEP LIKE A BABY,
WIN LIKE A CHAMPION.**

Investigation: What effect does exercise have on your body and heart rate?



Vocabulary

Asthma	A common, inflammatory disease of the airways
Balanced diet	A diet consisting of a variety of different types of food and providing adequate amounts of the nutrients necessary for good health
BPM Beats per minute	The pace which your heart beats per minute
Calories	Units of measurement used to work out how much energy a particular food supplies
Carbohydrates	Substance that provides energy found in foods such as bread
Drugs	A medicine or other substance which has a physiological effect when ingested or other wise introduced into the body
James Lind	(1716 – 1764) 18th century physician, developed treatments for scurvy
Lifestyle	The way in which a person lives their life
Medicine	The drug or other preparations used for the treatment or prevention of disease
Mental benefits	
Pulse rate	your pulse is used to measure your heart rate and can be used to determine how healthy you are
RDA	Recommended daily allowance of a certain food or food group
Recovery rate	
Scurvy	disease resulting from a deficiency of vitamin C
Short-term benefits	