

My steps through learning:

What I will know and understand

How I will show that I know it

Steps through Learning Science: Healthy Bodies

Lesson 5

To know how muscles require increased blood flow to move the skeleton

I can explain how muscles work in pairs to move a skeleton
I can explain why pulse rates increase during exercise



Lesson 3

To know how nutrients and water are transported in the body

I can explain how the circulatory system works to transport nutrients and water
I can record and explain a resting pulse rate



Lesson 1

To know how scientific ideas about food and diet have been tested in the past

I can describe how testing in the past has impacted healthy eating ideas today
I can explain why a balanced diet is importance for health



What should I already know

- The names of bones in the body to create a skeleton
- How the digestive system works to absorb nutrients from food

Lesson 6

To know the effects of tobacco, alcohol and drugs on the body

I can explain why and how some drugs are beneficial for the body
I can name some negative effects of tobacco and alcohol on the body



Lesson 4

To know what happens to the heart when we exercise

I can describe the functions of the heart
I can explain why a heart needs exercise the stay healthy



Lesson 2

To know about the different food groups and their importance

I can name the different food groups
I can explain why each food group is important



National Curriculum:

KS2 - identify and name the main parts of the human circulatory system, and describe the functions of the heart, blood vessels and blood
KS2 - recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function
KS2 - describe the ways in which nutrients and water are transported within animals, including humans