

## Year 6 – Animals Inc. Humans – Body Health

### What it looked like last year...

- Describe the changes as humans develop to old age.
- Describe the life processes of reproduction in some plants and animals.

### What it looks like next year

- Reproduction in humans, including the structure and function of the male and female reproductive systems, menstrual cycle, gametes, fertilisation, gestation and birth, to include the effect of maternal lifestyle of the foetus through the placenta.
- The consequences of imbalances in the diet, including obesity, starvation and deficiency diseases.
- The effects of recreational drugs (including substance misuse) on behaviour, health and life processes.
- The structure and function of the gas exchange system in humans, including adaptations to function.
- The mechanism of breathing to move air in and out of the lungs.
- The impact of exercise, asthma and smoking on the human gas exchange system.

### Vocabulary (definitions)

**passive smoking** - breathing in other people's tobacco smoke.

**solvent** – chemical substance such as glue, paint, etc.

alcohol	diet	caffeine
drugs	life style	tobacco
consequences	exercise	cigarettes
peer pressure	nutrients	pulse
physical benefits	mental benefits	cancer
legal	smoking	
illegal		
lungs		
medicine		

### Sequence of Learning

1. Describe the impact of diet and exercise on human health.
2. To evaluate healthy eating guidance and judge whether a drink or snack is healthy.
3. Explore how diets have changed.
4. Investigate variables that affect pulse rate.
5. To identify the impact exercise has on the way the body functions.
6. Identify and present the long-term effects on the body of drug use.
7. Describe the long-term effects on the body of smoking.

### Cultural Capital

- To recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function.
- To be able to describe the ways in which nutrients and water are transported within animals, including humans.
- The real life knowledge that links is: grouping and classifying, using secondary sources for research, carry out comparative & fair tests.
- The jobs it can be used in are: Biologist, Medical Professional (doctors), Fitness Industry.

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### Principles of Teaching Science.

**E**xploring – when we look at how things work in the world

**Q**uestioning – when we question what will happen

**U**nderstanding – when we use scientific language to explain

**I**nvestigating – when we can explore and are hands on

**P**redicting – when we use our previous knowledge to say what we think will happen.



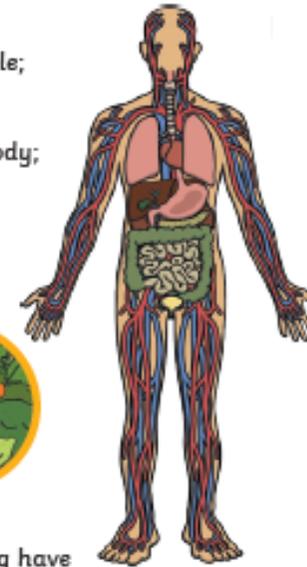
Regular exercise:

- strengthens muscles including the heart muscle;
- improves circulation;
- increases the amount of oxygen around the body;
- releases brain chemicals which help you feel calm and relaxed;
- helps you sleep more easily;
- strengthens bones.

A healthy diet involves eating the right types of **nutrients** in the right amounts.



Drugs, **alcohol** and smoking have negative effects on the body.



### STAYING HEALTHY



Cigarettes contain huge amounts of chemicals which can cause lung damage and lung cancer.



Fatty foods can clog blood vessels and cause a heart attack.

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