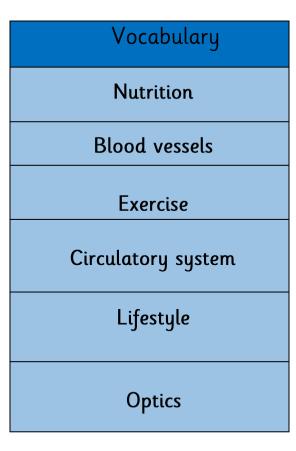
# The Human Body

### Purpose

The purpose of this unit is to provide an understanding of key systems in the human body. This will help the children to make lifestyle choices that promote a happy, healthy life. Furthermore, we will be working with optics manufacturer Zeiss exploring how technology can improve quality of life.



## Key Facts

#### Nutrition

Effective nutrition is key to good health. Smart nutrition and food choices can help prevent disease and improve your body's performance.

#### <u>Lifestyle</u>

Good health is not just the absence of disease or illness, it is a state of complete physical, mental and social well-being. This means eating a balanced diet, getting regular exercise, avoiding tobacco and harmful drugs and getting plenty of rest.

#### <u>Drugs</u>

Drugs are chemical substances that can change how your body and mind work. They include prescription medicines, over-the-counter medicines, alcohol, tobacco, and illegal drugs. We will explore how drugs can have positive and negative effects.

#### <u>Circulatory system</u>

Lessons will explore key components of this system:

**Heart** - a muscular organ that pumps blood through your body

**Blood vessels** - arteries, veins and capillaries **Blood** - fluid that transports oxygen and nutrients to cells.

## Year 5

Prior Learning

Year 1 Fins, Feathers and Feet – Introduction to animal structure and nutrition.

<u>Year 2</u> Amazing Animals – Overview of animal's needs.

#### <u>Year 3</u>

Healthy Heroes – Diet, digestion and the skeletal system.

### Useful Links and Media

https://www.youtube.com/watch?v=mMHVEFWNLMc Explores how what we eat will affect how healthy we are.

https://www.nhs.uk/live-well/exercise/exercisehealth-benefits/ Explains the importance of exercise.

<u>https://www.zeiss.co.uk/corporate/home.html</u> Provides information about the company we will be working with over the course of this unit.