

The Human Body

Year 5

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.

Vocabulary

Nutrition

Blood vessels

Exercise

Circulatory system

Lifestyle

Optics

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.

Lifestyle

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.

Drugs

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.

Circulatory system

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.

Prior Learning

Year 1

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

Year 2

Amazing Animals – Overview of animal's needs.

Year 3

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/exercise-health-benefits/> Explains the importance of exercise.

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