

Objective	Milestone Indicators	Basic Activities	Advanced Activities	Deep Activities	Resources
To understand animals and humans.	<p>Milestone 3</p> <p>Describe the ways in which nutrients and water are transported within animals, including humans.</p>	<p>Tell children that their challenge today is to make a life-size diagram of the circulatory system. In pairs, one child to lie down on a long sheet of paper (e.g. wallpaper) while another draws around them. They then use this as the template. Children to then use the Human Circulatory System sheet and Label Cards to create a life-size diagram. They do this with pens, red and blue wool, felt for the heart, etc.</p>	<p>Challenge children to write a description of how the circulatory system works.</p>	<p>Tell children that today they will be performing a heart dissection to see for themselves what a heart looks like. Using sheep's hearts is best for this activity. Follow the steps on the Heart Dissection Sheet, ensuring that all health and safety points are met. When children have completed the dissection, ask them to write a recount of what they did and what they found out.</p>	<p>Slides Label Cards Heart Dissection Sheet Equipment for dissection as listed on sheet</p>

<p>To understand animals and humans.</p>	<p>Milestone 3</p> <p>Recognise the importance of diet, exercise, drugs and lifestyle on the way the human body functions.</p>	<p>On Worksheet 5A, children to note down which muscles have most blood flowing to them on the pictures of different sports. Children to use the Human Muscles Diagram to help them to name and identify the correct muscles.</p>	<p>Ask children to produce an information poster for a gym explaining how muscles work to move our skeletons and how more blood flows to the muscles that are being exercised. Children also suggest exercises for different parts of the body (e.g. arms, legs, abdominals, etc).</p>	<p>Ask children to imagine that they are personal trainers and that they have a client who wants a complete workout to exercise lots of different muscles. Children design their workout for their client by explaining how the muscles work, how blood flows to the muscles that are working the hardest and describing which exercises they could use for exercising each different muscle group.</p>	<p>Slides Worksheet 5A Human Muscles Diagram</p>
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<p>To understand animals and humans.</p>	<p>Milestone 3</p> <p>Recognise the importance of diet, exercise, drugs and lifestyle on the way the human body functions.</p>	<p>On Worksheet 6A, children to choose the correct answer to the questions about drugs from the choices given. When finished, children to think of two of their own questions they want to find the answer to and use a variety of sources to help them find the answers.</p>	<p>Provide children with one of the Challenge Cards. Children to create a poster about the topic described on their Challenge Card, such as describing the difference between legal and illegal drugs. Provide children with a variety of resources to help them with their posters, such as books, pamphlets, carefully chosen web pages, etc. Give children some time to complete the posters.</p>	<p>Children to work in pairs to plan their own interview on the effects drugs can have on the body. Children to think of their own questions and script the answers. When finished, children act out their interviews.</p>	<p>Slides Worksheet 6A Information sources Challenge Cards</p>
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<p>To understand animals and humans.</p>	<p>Milestone 3</p> <p>Recognise the importance of diet, exercise, drugs and lifestyle on the way the human body functions.</p>	<p>Provide children with a set of Profile Cards. Children to pick a card at random. Children stick the card into their science book, then describe what is healthy about that person, what is unhealthy and what advice they would give them about how they could improve their lifestyle.</p>	<p>Provide children with a set of Profile Cards. Challenge children in pairs to order the cards from the person they think is the most healthy to the person they think is the least healthy. Children stick these onto a large piece of paper and annotate to show what advice they would give some of the unhealthier people to make their lifestyle healthier.</p>	<p>Provide children with the Challenge Card in groups asking them to prepare a short TV programme about what we need to do to take care of our bodies and keep them healthy. Children can do this in any format they wish, such as a dramatisation, a talk show, an infomercial, etc. Give children some time to prepare how they will do this, plan what they need to say, gather any facts and figures they want to incorporate, etc. When children are ready and have rehearsed their TV programme, record the using a video camera.</p>	<p>Slides Profile Cards Challenge Card Video cameras</p>
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