



Amazing Bodies!



What are the key biological facts that I need to know?

Scientific Fact 1	Scientific Fact 2	Scientific Fact 3	Scientific Fact 4	Scientific Fact 5	Scientific Fact 6
Humans, like other animals, cannot make their own food. They gain the nutrition they need from the food they eat. It is important to eat the right type of food in the correct proportions in order to stay healthy.	Carbohydrates give energy to the body which is used for movement and keeping warm. If we do not have enough carbohydrates in our diet we may feel tired.	Proteins are essential for healthy growth and repairing our muscles. Without sufficient protein, our bodies may not be able to develop strong muscles or repair damaged tissue.	Fats are used to provide energy and to keep us warm, but they are easily stored under the skin and around our internal organs, which can cause obesity and heart disease.	Roughage (or fibre) keeps our digestive system healthy. Vitamins and minerals keep our body healthy.	Only vertebrates have a skeleton. Insects also have a skeleton but it is external, known as an exoskeleton. Shells are not skeletons.

Key Scientific Vocabulary - words that are related to the topic you are investigating and that must be used in your work

Word	Definition
adult 	A fully-grown person who is legally responsible for their actions.
baby 	A very young child or animal.
child 	A young human who is not yet an adult.
elderly person 	A person who is old.
grow 	To become larger by natural development; increase.
life cycle 	The sequence of changes that a living thing goes through as it grows and develops.
teenager 	A person who is between 13 and 19 years old.
toddler 	A child who has only recently learnt to walk.

Sticky Knowledge- what we want you to know at the end of the unit To know that our senses helps us explore the world around us.

<p>To know that humans need energy to survive</p> <ul style="list-style-type: none"> humans need food and water to survive they need a place to safe in they need clothes to keep warm
<p>To know that humans must eat a balanced diet</p> <ul style="list-style-type: none"> name all the main food groups say why each food group is important
<p>To know the main functions of the human skeleton</p> <ul style="list-style-type: none"> to support our muscles to protect our organs: our heart, lungs and brain to help us move
<p>To understand that muscles help us move</p> <ul style="list-style-type: none"> muscles are attached to bones by tendons when we flex our muscles, we are able to move
<p>To know how exercise helps our muscles become stronger</p> <ul style="list-style-type: none"> we need more oxygen when we exercise we breathe deeper and faster to gain more oxygen regular exercise makes our muscles grow
<p>To know the function of the spinal column</p> <ul style="list-style-type: none"> protects the spinal cord connects all the nerves in the body to the brain

The scientific skills that you will be learning to use to answer the scientific questions

<p>What is science? Science is the exciting study of the nature and behaviour of natural things and the knowledge that we obtain about them. We ask questions that need answers. In order to answer these questions successfully, you will learn to use all these skills.</p>
<p>Asking relevant questions: You will learn to answer big questions using experiments.</p>
<p>How do we know we need water to survive?</p>
<p>Identifying and classifying: You will learn to identify how to identify which parts of the skeleton help us to move.</p>
<p>Which bones help us move?</p>
<p>Using evidence to support your findings: When conducting experiments, it is important that you use your findings to answer the questions.</p>
<p>Comparative tests: You will observe the differences and similarities of the bones in the human body.</p>
<p>What makes us a successful athlete?</p>
<p>Recording our findings: You will with support, learn to record your findings so that they are easy to understand.</p>