What would a journey through my body be like?

As Speakers we can:

Create an oral presentation about the relationship between the heart, blood and breathing. Talk about ourselves and our exercise regimes. Discuss the benefits of exercise and how we can encourage and inspire others.

As Writers we can:

Write reports about the relationship between the heart, blood and breathing, Create questionnaires about the health of the class, create a multimedia presentation

As Readers we can:

Read a range of texts, both fiction and non-fiction and express an opinion.

Increase our technical and other complex vocabulary and use it in our writing.

Read complex texts with greater understanding, ask questions and use inferences to answer questions.

As responsible citizens we can:

Encourage others to exercise safely.
Educate others about the benefits of exercise.
Make others aware of the dangers of drugs and alcohol.

As Mathematicians we can:

Estimate and measure our heart rate before & after different physical activities
Measure and time our efforts during these activities
Create graphs related to pulse and exercise
Recognise and explore symmetry in our faces
Record more complex data and results using scientific diagrams, labels, classification keys, tables, scattergraphs, bar and line graphs

As Scientists we can:

Identify and name the main parts of the human circulatory system, and describe the functions of the heart, blood vessels and blood
Recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function
Describe the ways in which nutrients and water are transported within animals, including humans
Explore the work of scientists and scientific research about the relationship between diet, exercise, drugs, lifestyle and health.

Investigative skills:

Create a fair test to measure pulse and heart rate before and after exercise.

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Key questions:

1. What is pulse and why do we have one?
2. Why can the heart be described as the most important pump we have?
3. What happens to the oxygen we breathe?
4. Why could we describe blood as the body's river system?
5. What have we learnt from pioneers like William Harvey?
6. Can you create a picture of your face using collage?
7. Can you carry out a survey to show the impact of exercise on the body?
8. Reflection: Working as a team, in small groups, can you put together a presentation which shows the relationship between the heart, blood and breathing.

As Historians/Geographers, we can:

Explore the work of medical pioneers, for example, William Harvey and Galen and recognise how much we have learnt about our bodies?

Explore how the past has influenced our present and future

Consider how our bodies adapt to varying temperatures, climates and terrains.

As sporting enthusiasts, we can:

Run around the school field/playground for the Daily Mille and then observe what happens to their bodies.

Create exercise circuits for our science experiment.

As Artists and Designers, we can:

Paint magnified blood cells.
Create a sculpture of the heart using clay/ dough.
Abstract diffusion art (marbling) to show nutrients.
Create a print advert that explores the impact of drugs and alcohol on the human body.

Using Technology, we can:

Create multimedia presentations.

Research appropriate exercise routines for Y6.

Create graphs and charts to show the results of our experiments.