



Year Five & Six		Topic: Exercise and Health	Term: Spring 2
Building on Prior Knowledge		Future learning	Key vocabulary
Describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene. (Y2 - Animals, including humans) Identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat. (Y3 - Animals, including humans) Describe the simple functions of the basic parts of the digestive system in humans. (Y4 - Animals, including humans) Identify the different types of teeth in humans and their simple functions. (Y4 - Animals, including humans)		The consequences of imbalances in the diet, including obesity, starvation and deficiency diseases. (KS3) The effects of recreational drugs (including substance misuse) on behaviour, health and life processes. (KS3) The structure and functions of the gas exchange system in humans, including adaptations to function. (KS3) The mechanism of breathing to move air in and out of the lungs. (KS3) The impact of exercise, asthma and smoking on the human gas exchange system. (KS3)	Heart, pulse, rate, pumps, blood, blood vessels, transported, lungs, oxygen, carbon dioxide, nutrients, water, muscles, cycle, circulatory system, diet, exercise, drugs, lifestyle
Knowledge		Working Scientifically	
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.		Carry out a range of pulse rate investigations: fair test – effect of different activities on my pulse rate pattern seeking – exploring which groups of people may have higher or lower resting pulse rates observation over time - how long does it take my pulse rate to return to my resting pulse rate (recovery rate) pattern seeking – exploring recovery rate for different groups of people.	
Key Learning			
The heart pumps blood in the blood vessels around to the lungs. Oxygen goes into the blood and carbon dioxide is removed. The blood goes back to the heart and is then pumped around the body. Nutrients, water and oxygen are transported in the blood to the muscles and other parts of the body where they are needed. As they are used, they produce carbon dioxide and other waste products. Carbon dioxide is carried by the blood back to the heart and then the cycle starts again as it is transported back to the lungs to be removed from the body. This is the human circulatory system. Diet, exercise, drugs and lifestyle have an impact on the way our bodies function. They can affect how well our heart and lungs work, how likely we are to suffer from conditions such as diabetes, how clearly we think, and generally how fit and well we feel. Some conditions are caused by deficiencies in our diet e.g. lack of vitamins.			