

# Animals including Humans

## Construction

### Prior Knowledge

In KS1, the children learnt about the importance of exercise, eating the right amounts of different food and hygiene for humans. They learnt that animals, including humans, have offspring which grow into adults and found out about the basic needs of animals, for survival (water, food and air). In KS2, they identified that animals, including humans, need the right types and amount of nutrition and that they cannot make their own food but they do get nutrition from what they eat. They learnt that humans and some other animals have skeletons and muscles for support, protection and movement. They described the simple functions of the basic parts of the digestive system in humans and identified the different types of teeth and their simple functions in humans. They also learnt about the changes as humans develop to old age.



### Key Vocabulary

**Tier 1:** heart, blood, transport, water

**Tier 2:** Carbon dioxide, oxygen, heart rate, pulse, chamber, nutrients

**Tier 3:** circulatory systems, (de) – oxygenated blood, oxygenated blood, artery, veins, ventricles, capillaries, atriums, heart valve

### My Component Knowledge:

Lesson 1: I can recall my previous learning about the human body.

Lesson 2: I can identify the components of blood, describe their functions, and note the different blood groups.

Lesson 3: I can explore the structure and function of the human heart.

Lesson 4: I understand that nutrients and water are transported around the body in blood.

Lesson 5: I can identify exercise and diet as contributing factors of a healthy lifestyle

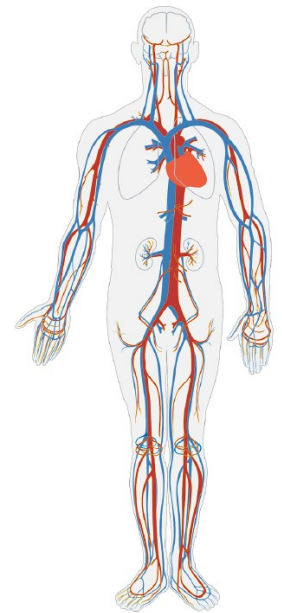
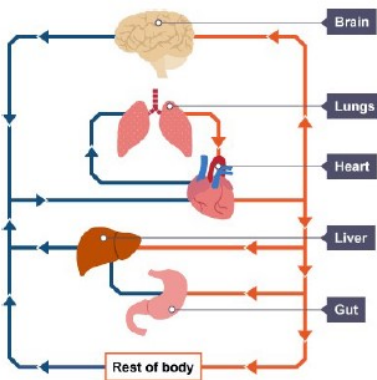
Lesson 6: I can understand the negative physical, social and emotional impact of drug misuse.

### My Composite Knowledge:

I can recognise the function of the heart, blood and the circulatory system and why it is so essential for our bodies.

### My Powerful Knowledge:

To recognise that living things have changed over time and that fossils provide information about living things that inhabited the earth millions of years ago.



**8 easy ways to change4life** **change4life**

- 1 sugar swaps**  
Swap sugary drinks for water or a healthy drink. Swap sugary snacks for fruit and vegetables. Swap sugary cereals for whole grain cereals. Swap sugary bread for whole grain bread.
- 2 meal time**  
Eat a healthy meal at the same time every day. Eat a healthy meal with a balance of protein, carbohydrates and fat. Eat a healthy meal with a variety of colors.
- 3 me size meals**  
Use a plate to help you measure your portions. Fill half your plate with vegetables and fruit. Fill a quarter with protein. Fill a quarter with carbohydrates.
- 4 snack check**  
Check your snacks for hidden sugars and fats. Choose healthy snacks like fruit, nuts and seeds. Choose healthy snacks that are low in calories.
- 5 5 a day**  
Eat 5 portions of fruit and vegetables every day. Eat a variety of different fruits and vegetables. Eat 5 portions of fruit and vegetables every day.
- 6 cut back fat**  
Read the labels on food and drink. Choose low fat products. Choose products with less than 10g of fat per 100g.
- 7 60 active minutes**  
Be active for 60 minutes every day. Be active in different ways. Be active with your family and friends.
- 8 up and about**  
Get up and about every day. Move around every 30 minutes. Stand up and stretch every 30 minutes.

For more ideas and tips to help your kids stay fit and healthy, sign up to Change4Life today.  
 Search for change4life or call 0300 123 4567

Which organs remove waste from the blood?

What enters the blood from the lungs?

Why is blood red?

What is another name for the circulatory system?