

Science

Animals including humans

Spring 2022

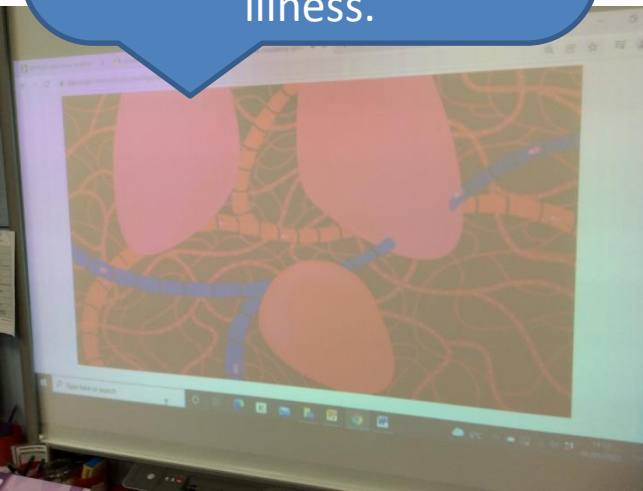
Class Lynher



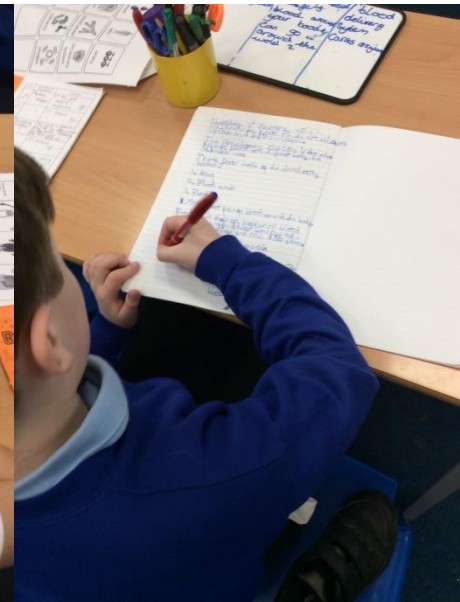
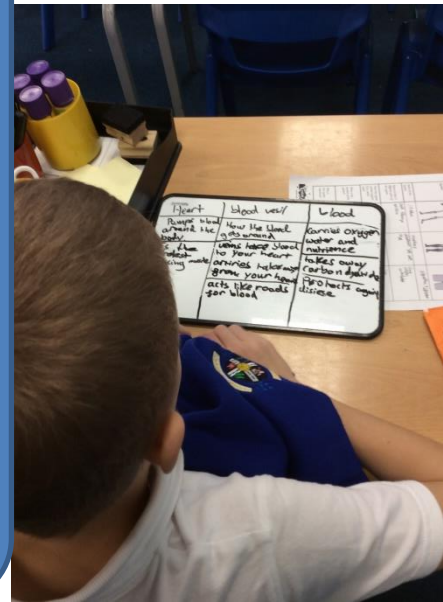
The video helped me to learn the different parts that make up blood. For example the white blood cells were an emergency vehicle as they fight illness.



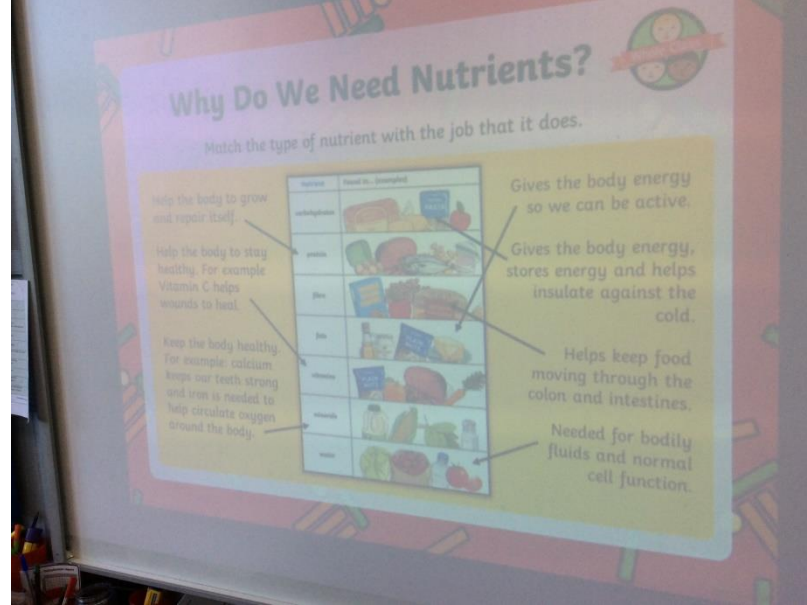
First of all we used diagrams and discussion to remember systems in the body we had previously learned about – skeletal, muscular and digestive.



Then we watched videos explaining the purpose and key parts of the circulatory system. We made notes and wrote up our understanding of it.



I liked how it linked to the last lesson when we saw how the blood cells carry things to the body.



We get our nutrients from food and drink. You need a balanced diet – not too much of one thing.



First we identified how different nutrients were useful to the body. Then we followed the journey of how they get into the bloodstream and made notes.





We used the information we had learnt to create a short piece of drama to explain how water or food is transported through the body and into the bloodstream and how waste is taken out.



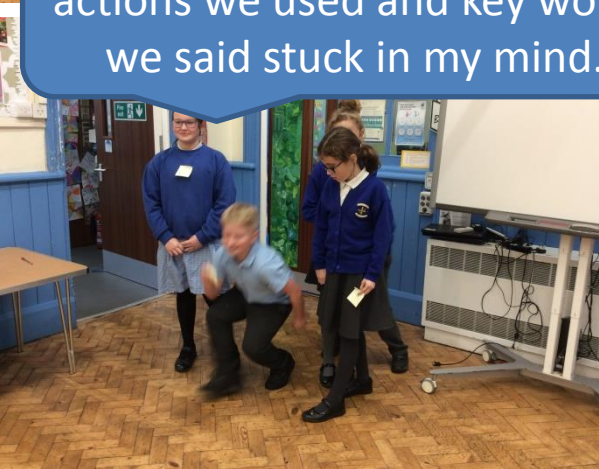
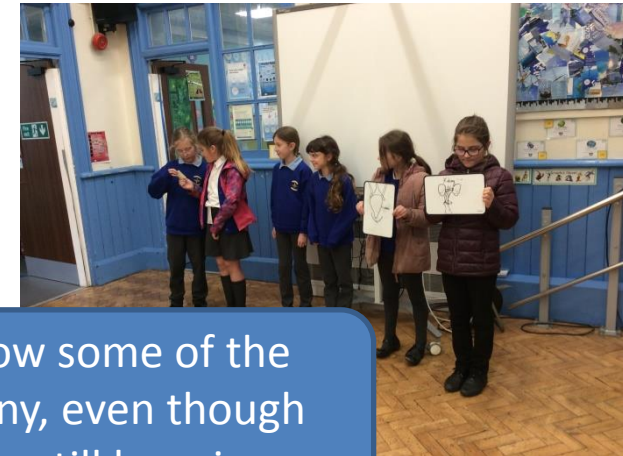
The drama helped me to remember the journey through the body.



I liked how the different actions we used and key words we said stuck in my mind.



I liked how some of the were funny, even though you were still learning.



Planning Your Investigation



You will need to think of a question to answer and to predict what you think will happen. In order to carry out the investigation you will need to choose which type of investigation is the most appropriate to answer your question.

You could carry out...

a practical enquiry (a simple practical enquiry is one where you just observe what happens) or

a fair and comparative test

In a fair and comparative test you have to:

- record observations/measurements;
- compare results;
- spot patterns.

You also need to make your test fair by only changing one thing (variable) each time.

Be clear too about which variable you will measure.

To make sure you really are testing the variable that you change each time, all other variables should be kept the same. (These are the variables which are controlled.)

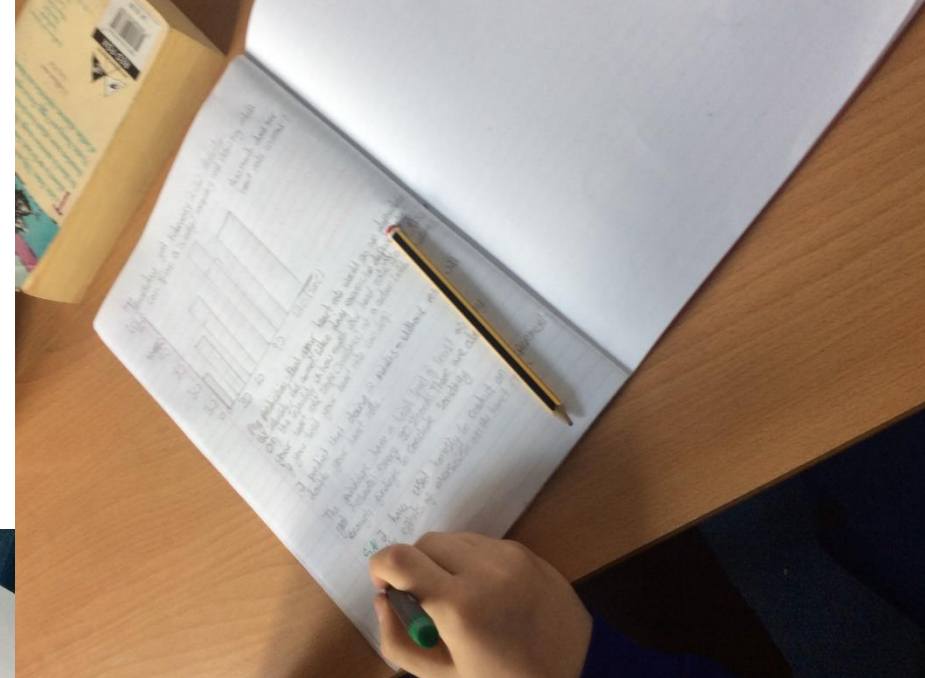
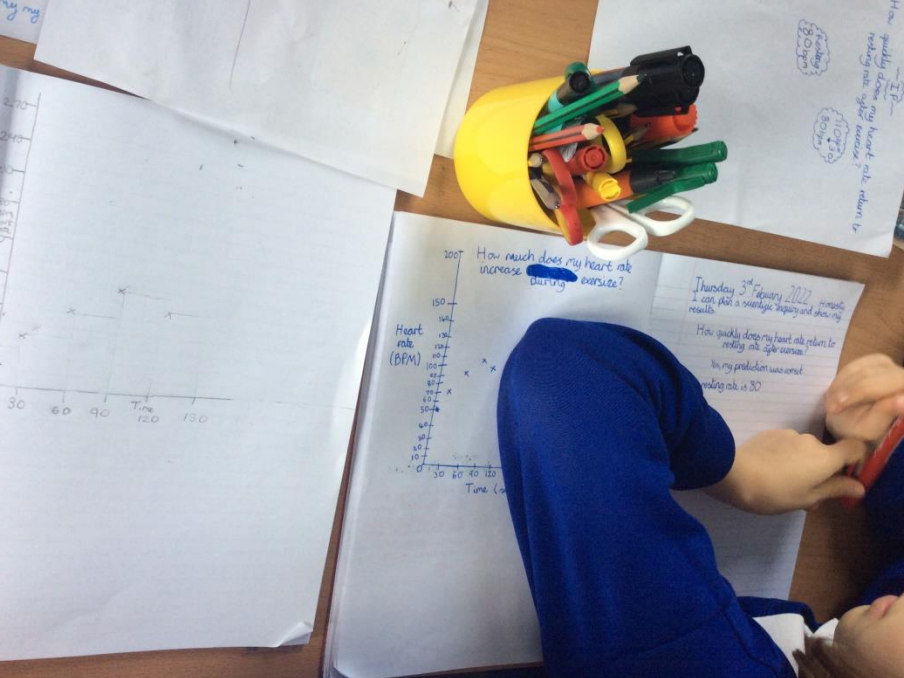
ASUS VivoBook

First we planned an experiment to investigate the affect of exercise on our bodies and made predictions. Then we carried it out and recorded our results.

We learnt where the most trustworthy places to measure your heart rate are – your neck and wrist.

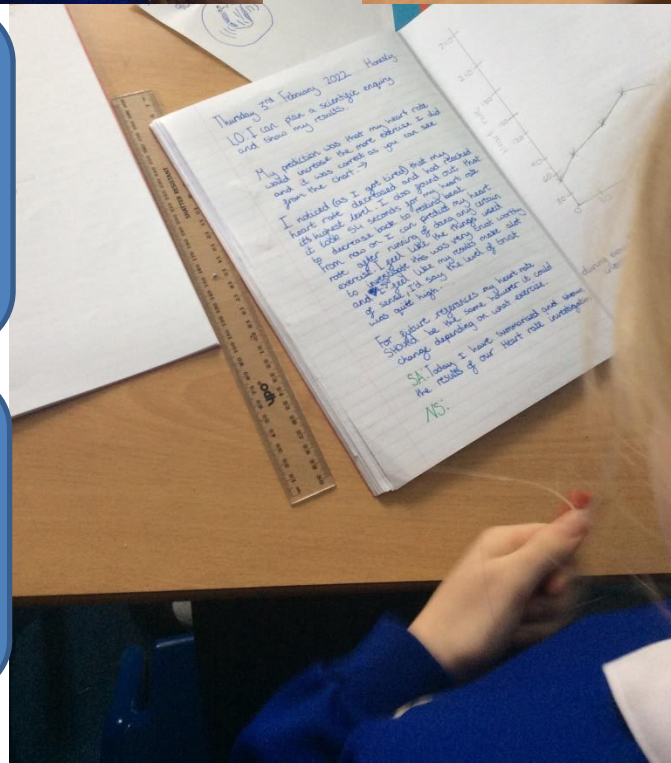


To find our resting heart rate we found out how many beats were in six seconds and then multiplied it by ten.

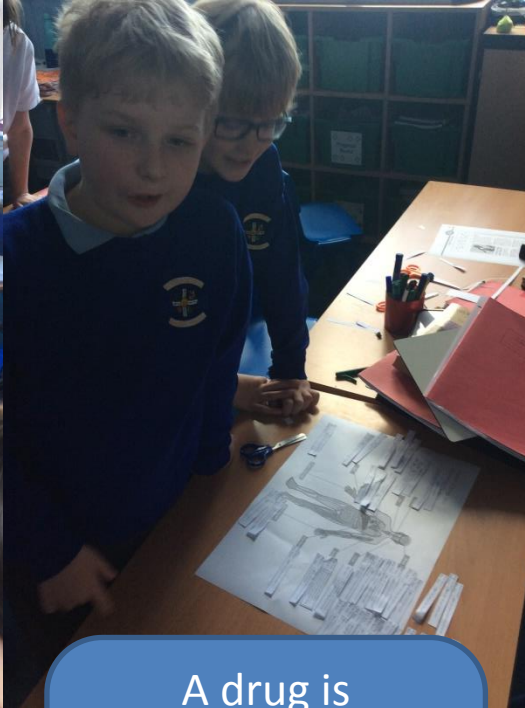


Then we plotted our results
on a graph and wrote a
conclusion.

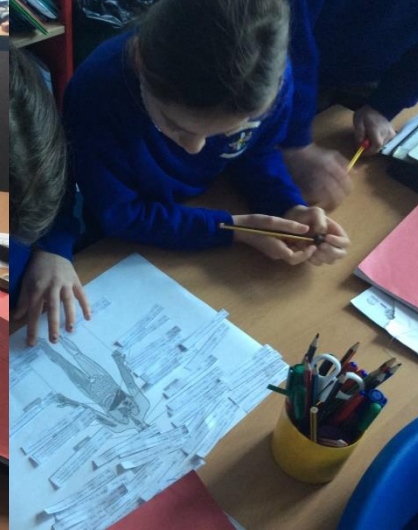
Our heart rate did not
keep on rising for ever.
This would be
dangerous.



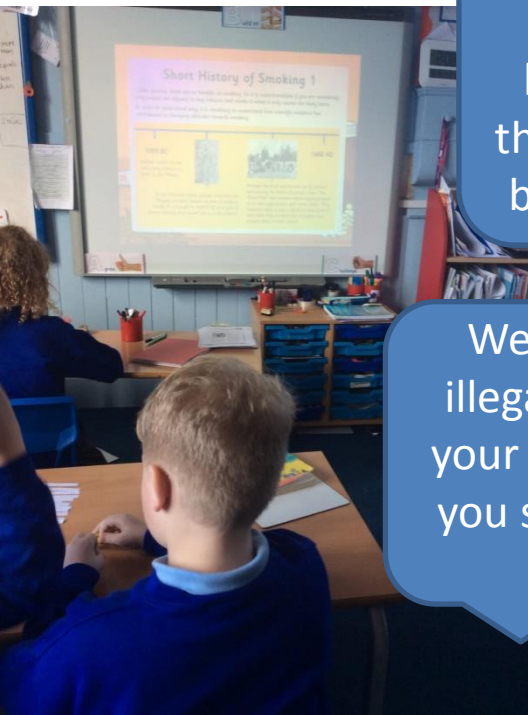
We found out that our heart rate went up during exercise and then it went down when we rested.



A drug is something that has an effect on the body. They can be legal or illegal.



It was surprising that tea contains a legal drug.

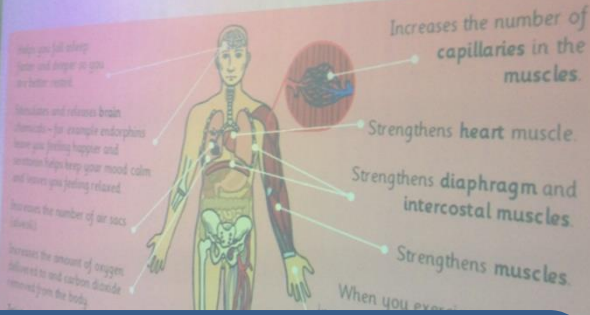


We learnt what illegal drugs do to your body and why you shouldn't take them.



We learnt about drugs and the effects they can have on our body. We also looked at the history of tobacco and smoking and how scientific evidence proved it was dangerous.

What Is the Impact of Regular Exercise?

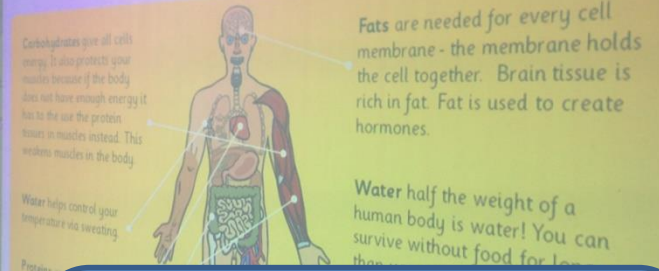


There are two types of exercise – muscle strengthening and bone strengthening.

In this lesson we read information about the impact of a healthy diet and exercise on the human body. We made notes and then got to choose how we presented what we had found out.

How to Have a Healthy Lifestyle

What is the Impact of a Healthy Diet?



We learnt that for a healthy lifestyle you need the right amount of vitamins and a good amount of exercise.

HEALTHY PEOPLE
Healthy Diet
 Balanced, right foods in right quantities. You need carbohydrates, protein, fibre, fats, water and vitamins. Eat a variety of different foods not all in one meal. These parts in food do the following:
 Carbohydrates - give energy and protect muscles
 Water - keeps temperature right and water is in our body.
 Protein - creates organs and muscles, it helps create part of blood cells that carry oxygen.
 Fibre - keeps large intestine healthy.
 Fats - helps to keep cells together.
 Vitamin A - helps see dim light.
 Vitamin B - needed to transport nutrients and oxygen.
 Vitamin C - protects skin cells.
 Vitamin D - helps bone and teeth.
 Calcium - helps strengthen bones.
 Iodine - keeps skin, hair and nails, all the things whites should like.

Exercise
 2 Examples - Muscle strengthening and bone strengthening. Doing exercise helps you fall asleep so your bones can rest. It helps make bones stronger. It increases the amount of blood cells. It makes blood rush around the body. It also makes your happy emotions get released.

SA I have used confidence to put out about a healthy body. NS TO add more to exercise.

HEALTHY DIET

A healthy diet and lifestyle can have lots of things. In a healthy diet you can have veg and fruit you can also have B or dairy. To make a healthy lifestyle you need a balance of food but if you eat just fruit you still would not be healthy. The impact of a healthy diet is that carbohydrates give you energy. Did you know that half of your body's water, with out blood your body couldn't transport nutrients. Let me now tell you about all the vitamins. Vitamin A keep you neat and skin healthy. Vitamin B makes red blood cells. Vitamin C Regenerates Skin Vitamin D absorbs calcium. Vitamin E makes blood and does it.

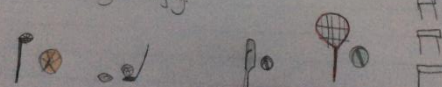


All of these are fruits that are healthy but don't eat them all the time.



All of these are veges like parrot chok and then all the time.

You can also use exercise to be healthy like egg sports can make you healthy.



HEALTHY LIFESTYLE

Proteins are needed to create muscles and organs. Water controls your temperature. Fibre keep bowels - which include your large intestine - healthy. Fats are needed for every cell membrane. Carbohydrates give all the cells energy.



Exercise
 Help you fall asleep. Don't become more stable. Bones increase in width and density. Strengthen the heart muscles. Strengthen muscle. Nutrients are delivered and waste is taken away. Increase the volume of blood and red blood cells.

SA: I love the design I done as well I think I used confidence to right. let go next now. NS: Next time less writing more draw or add the what vitamin a, b, c, d and are used for.

Animals Including Humans Healthy Lifestyle	
I can describe how diet and exercise impact on human bodies.	<input checked="" type="checkbox"/>
I can identify what a healthy lifestyle consists of.	<input type="checkbox"/>
I can describe the impact of diet and exercise on the human body.	<input type="checkbox"/>

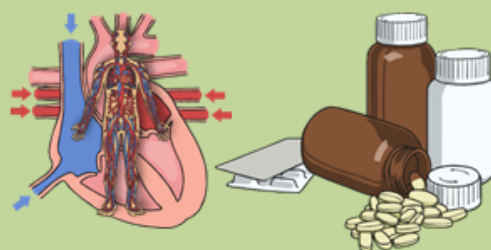
What I have learnt before:

I have learnt about the digestive system

Cultural capital

The real life knowledge that links is: carry out comparative & fair tests, impact of substances on the body

The jobs it can be used in are: Biologist, Medical Professional (doctors), Fitness Industry

**Skills**

I can report and present findings

I can create an enquiry

I can gather data

I can take accurate measurements

Forever Facts

The circulatory system includes the heart, blood vessels and blood

The circulatory system is vital for fighting diseases and maintaining proper temperature.

Blood is what is used to transport oxygen, waste, nutrients, and more throughout the body.

Blood vessels pick up oxygen in the lungs and leave behind carbon dioxide to be released.

Diet, lifestyle, drugs, exercise and your emotional well-being can affect your body.

Drugs and smoking can have a negative effect on your health.

Exciting Books**Our Endpoint**

I can explain how a healthy lifestyle supports the body to function

Subject Specific Vocabulary**blood vessels**

Blood vessels are a series of tubes inside your body. They move blood to and from your heart.

drugs

A drug is a chemical that is not food and that affects your body. Some drugs are given to people by doctors to make them healthy.

atria

The atria are the two upper most chambers of the heart. Blood is pushed from the atria to the ventricles.

Cardiovascular

The blood circulatory system (cardiovascular system) delivers nutrients and oxygen to all cells in the body.

capillaries

Capillaries are very thin blood vessels. They bring nutrients and oxygen to tissues and remove waste products.

pulse

Your heart has to push so much blood through your body that you can feel a little thump in your arteries each time the heart beats

ventricles

The ventricles are the two lower chambers in the heart.