



# All Saints CE Primary School and Nursery

## Medium Term Planning



Class teacher: Lisa Edwards Year group: 6 Term: Autumn 1 Subject: Healthy Bodies

### BRITISH VALUES

Lesson	Learning Goal (L.G.)	Brief outline of lesson content (or where this can be found/unit found in, if for example it is a published scheme such as Science)	Key Vocabulary covered
1	L.G. Investigate some different food groups and find out why a variety of foods is important for our health	Healthy Bodies - PlanBee Lesson 2. Complete table identifying food groups and explain why they are important Link to World War Two- rationing <b>Respect</b>	Healthy balanced diet, food groups, protein, carbohydrate, minerals, fibre, fat, energy, sugar, growth
2	L.G. Find out how nutrients and water are transported around the human body	Healthy Bodies - PlanBee Lesson 3. <a href="#">Circulatory system - KS2 Science - BBC Bitesize</a> Explain how the circulatory system works SEND use sorting cards <b>Respect</b>	Circulatory system, heart, muscle, blood vessels, capillaries, aorta, nutrients, nutrients
3	L.G. Investigate what happens to the heart when we exercise and why	Healthy Bodies - PlanBee Lesson 4. Undertake experiments, record data and draw conclusions. <b>Respect</b>	Circulatory system, heart, muscle, pulse, resting pulse rate, exercise
4	L.G. Investigate how muscles move the skeleton and how muscle activity requires increased blood flow	Healthy Bodies - PlanBee Lesson 5. Identify muscle groups and choose suitable exercise for each muscle group or complete workout request plan <a href="#">How do our muscles and bones work?   BBC Teach - YouTube</a>	Muscles, smooth muscles, cardiac muscle, skeletal muscle, extensor, flexor, contract, relax, skeleton,

		<a href="#">How do your muscles work? - BBC Bitesize</a> <a href="#">Muscles needed for movement - KS2 Science - BBC Bitesize</a> <a href="#">Muscles needed in exercise - KS2 Science - BBC Bitesize</a> <b>Respect</b>	
<b>5</b>	L.G. Investigate the effects of tobacco, alcohol and other drugs <b>Rule of Law</b>	<b>Healthy Bodies</b> - PlanBee Lesson 6. Healthy Lifestyles poster (link to Compass PSHE) <b>Respect</b>	Drugs, tobacco, alcohol, beneficial, harmful
<b>7</b>	L.G. Evaluate what we can do to keep our bodies healthy	<b>Healthy Bodies</b> - PlanBee Lesson 7. Profile cards or poster <b>Respect</b>	Evaluate, summarise, previous vocabulary