



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.: I know what the circulatory system is	Healthy Bodies - White Rose Lesson 1 and 2 What is the circulatory system and how does it work? What is the role of blood in the circulatory system? Skill- identifying and classifying- research Respect	Circulatory system, heart, blood vessels, veins, arteries Red blood cells, white blood cells, lungs, nutrients, plasma, oxygen
2	L.G. I understand the function of the heart in the circulatory system	Healthy Bodies - White Rose Lesson 3. What is the role of the heart in the circulatory system? The circulatory system – KS2 Science curriculum - BBC Bitesize Skill- identifying and classifying- research Respect	Heart, muscle, atria, ventricles, right atrium, left atrium, right ventricle, left ventricle
3	L.G. I understand how blood flows around the body	Healthy Bodies - White Rose Lesson 4 Why is it important that blood only moves in one direction? Skill- identifying and classifying- research Respect	Heart, muscle, atria, ventricles, right atrium, left atrium, right ventricle, left ventricle, blood vessels, veins, arteries, capillaries
4	L.G. I know the what oxygenated and deoxygenated blood is	Healthy Bodies - White Rose Lesson 5 Why do you think blood needs oxygen? Skill- identifying and classifying- research Respect	Lungs, blood vessels, arteries, veins, capillaries, oxygenated blood, deoxygenated blood

5	L.G. I understand what a healthy diet is Rule of Law	Healthy Bodies - White Rose Lesson 1 What is a balanced diet? Skill- identifying and classifying- research Respect	Balanced diet, calories, unsaturated fats, saturated fats, trans fats
6	L.G. I understand the effects of tobacco, alcohol and other drugs on the body Rule of Law	Healthy Bodies - White Rose Lesson 2 & 3 How do drugs and alcohol effect the body? Skill- identifying and classifying- research Respect	Drugs, painkiller, stimulant, depressants, tobacco, cigarette, vape, tar, nicotine, carbon monoxide, addiction
7	L.G. I can plan a heart rate experiment	Healthy Bodies - White Rose Lesson 4 What are the independent/dependent/controlled variables in this experiment? KS2 Science: How our circulatory system keeps us alive - BBC Teach Skill- asking questions, making predictions Respect	Independent variable, dependent variable, controlled variable, exercise
8	L.G. I can carry out a heart rate experiment	Healthy Bodies - White Rose Lesson 4 What will your table of results look like? Skill- observing, measuring and recording data Respect	Independent variable, dependent variable, controlled variable, heart, heart rate, exercise
9	L.G. I can evaluate an experiment	Healthy Bodies - White Rose Lesson 5 How did the duration of exercise affect heart rate? If you were to repeat this experiment again, how could you improve your results? What questions do you have for further investigation? Skill- interpreting and communicating results, evaluating Respect	Heart, heart rate, duration, conclusion, evaluation