



## Task 1: Digestive System

In the first part of the summer term, you learnt about the human heart, lungs and blood. This term we will continue learning about the human body, starting off with the digestive system. What do you already know about the digestive system? Do you know what parts of the body are included in the digestive system. Go through Task 1 and see what you can find out about the amazing body.

*You will need some resources for this task, but you should be able to find them around your house or some suitable alternative that might work as well.*

## Task 2: Digestive System

*You will need some string to start this task off.*

Now that you know how the digestive system works and what parts are in it, you are going to do a bit more research to find out some interesting and amazing facts about the body parts.

Think about how you are going to present/share your information with your family/friends (video, ppt, poster, report?).

A video that might help your research:

<https://www.bbc.co.uk/bitesize/topics/z27kng8>

## Task 3: Exercise on the body

Think back to when you looked at pulse and heart rate in the last term. What effect did exercise have on your pulse rate? Do you know why your pulse rate increased?

Go through the powerpoint to get some more information and then have a go at Task 3.

Video:

<https://www.bbc.co.uk/bitesize/topics/z9339j6/articles/zqfdpbk> (about the skeleton)

<https://www.bbc.co.uk/bitesize/topics/z9339j6/articles/zpbxb82> (about the muscles)

## Topic Plan

w/b: 29/06/20

Focus: Science (Week 1)

## Task 5: Your diet and your body

Today you are going to look at what you eat and compare what a child in another country might eat.

Who do you think has the healthier diet? Compare breakfast, lunch or dinner from different countries and decide who has the healthiest and most balanced diet. After your research, are there any meals that you fancy trying?

## Task 4: Healthy Eating

The human body is a complex machine that requires taking care of through exercise but also through healthy eating. We hear about eating a healthy diet and how it is important, but what exactly is that? What do you need to make a healthy diet? Go through Task 4 and learn about all the different elements of a healthy diet.

