

Science Y1 Autumn 1 Our body

In this unit of work the children will learn songs to recall the main parts of the body. They will identify, name, draw and label the basic external parts of the human body. They will look at skeletons and talk about its function and name major bones. They will discuss how muscles work and the importance of warming up your body before exercising. They will also discuss ways to keep healthy.

In this unit children will:

- Identify parts of their own body – both external and internal features.
- Name, draw and label the basic parts of the human body – external features.
- Look at a human skeleton and name and label main bones eg the skull, spine, ribs, knee, ankle, toes, and fingers.
- Talk about the major organs inside our body and how to keep your heart healthy.
- Discuss muscles and how they work – find different muscles in the body and make links to the importance of warming up before exercising.

Key Vocabulary

- Skeleton** - the internal framework of bone or cartilage. **Organs** - an organism that has a vital function.
- Senses** - the faculties of sight, smell, hearing, taste and touch.
- Brain** - this organ helps us think and stores memories.
- Heart** - this organ pumps blood to the rest of your body.
- Lungs** - this organ provides oxygen to the body.
- Stomach** - this organ digests food.
- Skin** - this is the largest human organ; it keeps the other organs safe.
- Torso** – The middle of your body which can be known as the core.
- Mammal** – Animal with fur or hair that feeds milk to its young.
- Organs** – Body parts which are inside the body and help keep us alive.
- Muscles** – Special tissues in the body which can stretch and contract as you move.
- Oxygen** – A gas that you breathe in. It helps your cells to function and is vital for life.

Prior Learning

EYFS – Know the importance for good health of physical exercise, and a healthy diet, and can talk about ways to keep healthy and safe.

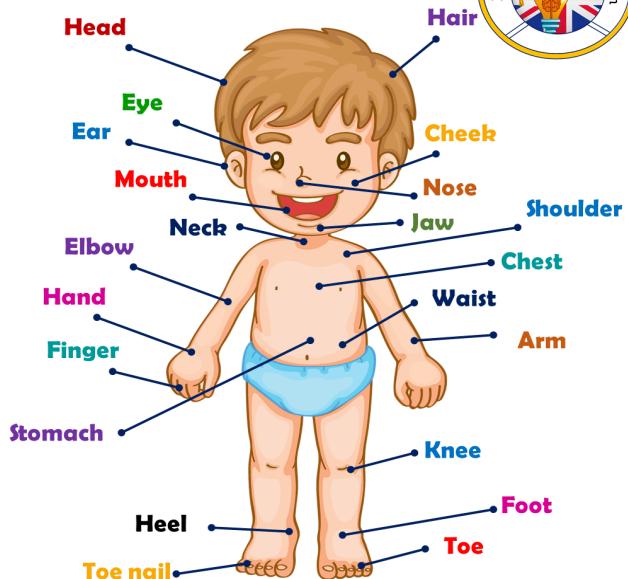
Cross Curricular Links

PE – Warming up before exercising and feeling the effects of their bodies during exercise.

Key Knowledge

- We are called human beings.
- We are from the family of animals called mammals.
- Humans are mammals, which mean they have fur/hair and feed milk to their young.
- Mammals also have organs inside them which helps them to stay alive.
- Mammals have a skeleton inside them which includes a backbone – because of this they are called vertebrates.
- The skeleton is a structure of bones that support and holds up our bodies. It provides protection for all of our organs inside.
- The skull is the part of the skeleton that protects the brain.
- Foods like meat and fish help our muscles to grow strong.
- Foods like milk and yoghurt help our bones grow strong.
- To be healthy, humans need to have a balanced diet of the right amount of different food and drink. They need to exercise regularly and be hygienic.
- Exercise is good for you because your heart begins pumping faster to get more oxygen to your muscles.
- Your lungs work harder to make sure more oxygen is brought to your body.

Parts of The Body



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- The more exercise you do, the stronger your heart becomes and the more efficient it is at pumping blood around your body.
- Your lungs get bigger when you exercise so are better at absorbing oxygen.
- Children need to be active for at least 60 minutes each day to stay healthy.

Key Questions

- What are the different parts of our body?
- What are our bones protecting?
- How would our lives be affected if we did not have certain body parts?
- What would happen if we didn't have a skeleton?