

# The Human Body

## Science

- \* Create a simple model of the skeleton and identify the skull, spine, ribcage and some bones of the arms and legs.
- \* Describe how the skeleton supports and protects the key organs.
- \* Name some of the key bones that make up the human skeleton. Where in the body are they found?
- \* Name the key organs of the body. What is the main function of them?
- \* Make a simple family tree detailing hair and eye colour, as well as similarities and differences.
- \* Describe how the senses work to keep you safe from harm.

## Health and Wellbeing

- \* Discuss the importance of being active and the positive effects it has on your body. What different ways can you keep active?
- \* Take part in daily exercise. Can you keep an exercise diary and try a different activity each day?
- \* Research sports clubs and activities in your local area.
- \* Research how much sleep is required by children and explain why this is important.
- \* Create a daily plan that shows a healthy mix of sleep, activity and learning.
- \* Discuss the importance of a balanced diet in helping fuel your body.
- \* List the main food groups and include a description of why they are needed in your diet.
- \* Create your own 'Eat Well Plate' that has a mixture of the main food groups.

## Literacy

- \* Create a poster to advertise a local sport or activity club.
- \* Create an acrostic poem for different organs of the human body. Can you challenge yourself by making them rhyme?
- \* Create a poster to highlight the importance of a balanced diet.
- \* Create a poster to show the importance of sleep in fuelling your body.
- \* Create a piece of persuasive writing which focuses on the importance of keeping active. How does exercise benefit your body?
- \* Think of mnemonics to help you with the spelling of some difficult topic words.

## Technologies

- \* Safely search for images of the key bones and organs of the body.
- \* Challenge yourself to construct a 3D model of the human body, including key bones and organs.
- \* Explore which materials would be suitable to make a model bone.
- \* Create your own model of the lungs.