



INTENT: What do we want the children to remember/be able to do?

- Identify and name the main parts of the human circulatory system, and describe the functions of the heart, blood vessels and blood.
- Recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function.
- Describe the ways in which nutrients and water are transported within animals, including humans.

National Curriculum Objectives		Hook To Learning		Vocabulary	
- Identify and name the main parts of the human circulatory system, and describe the functions of the heart, blood vessels and blood. - Recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function. - Describe the ways in which nutrients and water are transported within animals, including humans.		The Journey of the Blood video: https://www.youtube.com/watch?v=-s5iCoCaofc Operation Ouch resources - bbc and Twinkl			
		Key Scientists			
		Justus von Liebig (Theories of Nutrition and Metabolism) William Harvey (Blood Circulation) Leonardo Da Vinci (Anatomy)			
Prior Learning		Implementation		Future Learning	
- Describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene. (Y2 - Animals, including humans) - Identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat. (Y3 - Animals, including humans) - Describe the simple functions of the basic parts of the digestive system in humans. (Y4 - Animals, including humans) - Identify the different types of teeth in humans and their simple functions. (Y4 - Animals, including humans)		Identifying the main parts of the lungs and their function in the body Identifying the main parts of the heart and its function in the body To describe the function of the blood vessels and the way nutrients are transported around the body. Investigating the effects of drugs, tobacco and alcohol using secondary sources. Understand and investigate how to keep the body healthy by looking at secondary sources. Investigation in to how exercise affects the body. Understand different food groups and how a variety of these are important for a balanced diet. To investigate how scientific ideas about food and diet were tested in the past		In Key Stage 3 children will learn about: - the hierarchical organisation of multicellular organisms: from cells to tissues to organs to systems to organisms. - the tissues and organs of the human digestive system, including adaptations to function and how the digestive system digests food (enzymes simply as biological catalysts) - calculations of energy requirements in a healthy daily diet - the consequences of imbalances in the diet, including obesity, starvation and deficiency diseases - the structure and functions of the gas exchange system in humans, including adaptations to function - the effects of recreational drugs (including substance misuse) on behaviour, health and life processes.	
Working Scientifically					
Comparative tests	Identify & Classify	Observation over time	Pattern Seeking	Research	Impact: BIG Question: Assessment Opportunity

Year 6 Autumn 1 2025



Animals Including Humans



How does the length of time we exercise for affect our heart rate? Can exercising regularly affect your lung capacity? Which type of exercise has the greatest effect on our heart rate? 	Which organs of the body make up the circulation system, and where are they found? 	How does my heart rate change over the day? How much exercise do I do in a week? 	Is there a pattern between what we eat for breakfast and how fast we can run? 	How have our ideas about disease and medicine changed over time? 	How do our choices affect how our bodies work? Why does my heart beat? Post assessment questions based on vocabulary and knowledge.
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Animals Including Humans

