

Leintwardine Endowed CE Primary School Learning Journey Key

'Letting Our Light Shine'

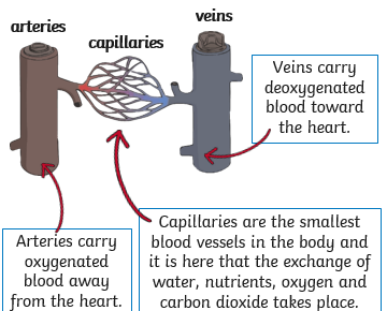
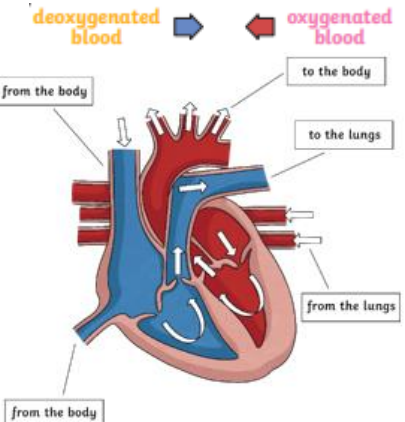


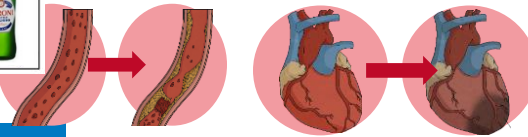
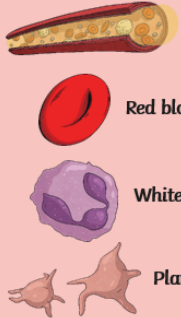
SUBJECT : Science

YEAR : B

TERM : Autumn 2

YEAR GROUPS : 5/6

Key Question: How do we keep our hearts healthy?

Question	Vocabulary to Use	Information which will help me	Can I....?
What is the job of the heart?	Circulatory system, heart, ventricle, atrium, blood vessel, oxygenated blood, deoxygenated blood, arteries, circulation, capillaries, veins, plasma, platelets, red blood cells, white blood cells, oxygen, carbon dioxide, nutrients, drugs, alcohol, kilocalorie, calorie.	<p>Regular exercise: Strengthens muscles, including the heart. Improves circulation Strengthens bones Releases chemicals which help with our mental health. Helps you sleep more easily.</p>	...state the three main parts of the circulatory system and describe the job of the heart?
What is blood made of?			...describe the important jobs of the blood vessels and blood?
What is our heart rate and what can influence it?			...discuss how heart rate is affected by exercise and that regular exercise is important for a healthy body?
What affect does exercise have on our heart?		 <p>Drugs, alcohol and smoking have negative effects on the body.</p> 	...discuss how diet and exercise affect the body?
What affect does diet have on our heart?			...discuss the impact of drugs and lifestyle on the way bodies function?
What impact do drugs and alcohol have on our bodies?		<p>Blood is made up of four parts.</p>  <ul style="list-style-type: none"> Plasma is a liquid and the other parts are solid. The liquid part of blood contains water and protein. This is called plasma. Red blood cells carry oxygen through your body. White blood cells fight infections when you're sick. Platelets help you stop bleeding when you get a cut. <p>Cigarettes contain chemicals that make our bodies form plaque in our blood vessels. This can make it harder for the blood to flow through them and cause problems for the heart, for example, coronary heart disease, high blood pressure and blood clots.</p>	