

Science:

This half term we are learning about the basic needs of humans and other animals (hygiene, water, food, air). We will also describe the importance for humans of exercise and eating the right amounts of different types of food. This week we will be learning about the importance for humans of exercise.

Lesson 4: What is exercise? You might like your child to be wearing sports clothes for the lesson!

Key vocabulary: exercise, physical activity, movement, strengthen, important, healthy

There are videos on the slides for children to watch.

1. Science flashback
2. Key vocabulary
3. What is exercise?
4. Why is it important to exercise?
5. Investigation -What happens to your heart rate when you exercise?
6. Think question - How often should we exercise?
7. Optional activity
 1. Animal heart rates
 2. Busy Things - Science - The Human Body

Science Flashback!

Name this flower.



Name this bird. Can you also name its habitat?



Name the 4 seasons.



Name 2 different types of teeth.



Which food type helps your body to grow and repair?



Science Flashback!

Name this flower.

tulip



Name this bird. Can you also name its habitat?

robin, woodland, hedgerows, parks and gardens



Name the 4 senses.

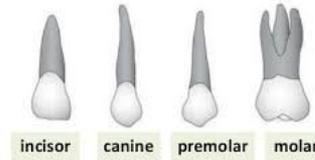
spring, summer, autumn, winter



Name 2 different types of teeth.

2 from incisor, canine, pre-molar, molar, wisdom

4 different types of teeth



Which food type helps your body to grow and repair?

protein

Answers



What is exercise?

exercise

physical activity

movement

strengthen

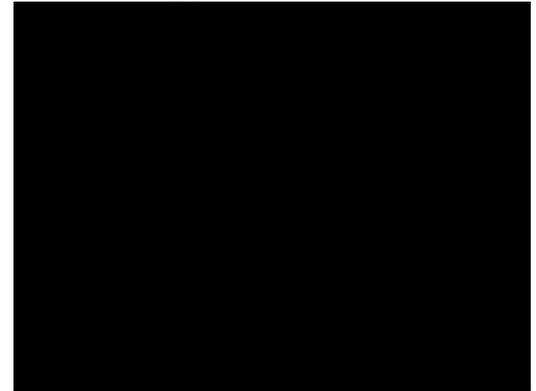


important

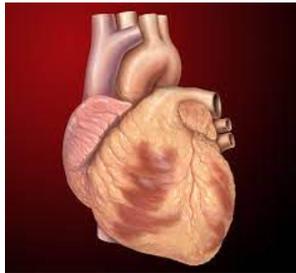
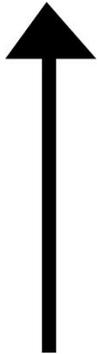
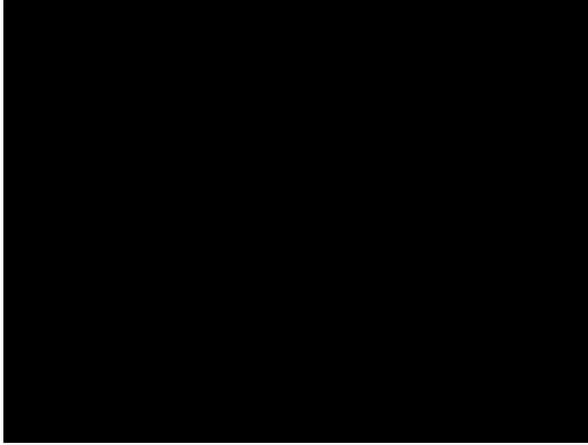
healthy



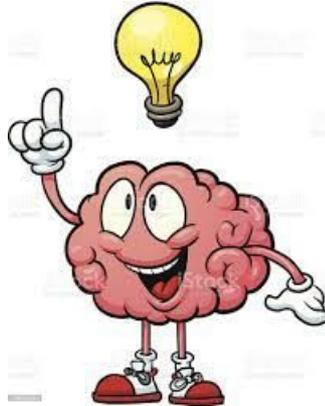
Vocabulary!



What is exercise?



Why is it important to exercise?



Investigation - What happens to your heart rate when you exercise?



You might like to print out this sheet to record your results or you might like to record your results in your own way.

Resting



Yoga



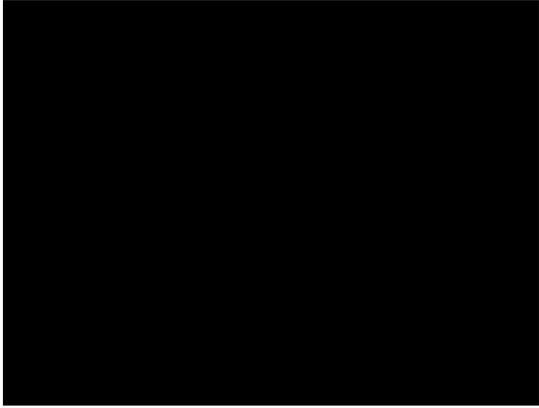
Marching on the spot



Running on the spot



Think Question - How often should we exercise?



Optional Activities

Animal Heart Rates - Part 1

<https://www.youtube.com/watch?reload=9&v=u68hjspe0-4>

Can you guess what animal they are from?

Busy Things - Science - The Human Body

Science
The human body

Parts of the body 2
Label the parts of the body - level 2.

INTERACTIVE WORKSHEET

Joints of the body
Label the joints of the body

INTERACTIVE WORKSHEET

Human skeleton - common names
Label the bones.

INTERACTIVE WORKSHEET

