

Key Content (New Learning)

<p>Identify and name the main parts of the human circulatory system.</p>	<p>Describe the functions of the heart, blood vessels and blood.</p>	<p>Recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function.</p>	<p>Recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to their parents.</p>
<p>Lesson 1 Lesson 2 Lesson 3 Lesson 4 Lesson 5 End point</p>	<p>To know what the five food groups are. To understand legal drugs and how they can affect the body. To know what cigarettes do to the body. To know how to increase your heart beat (BPM). To increase your heart beat and measure this. End of unit assessment.</p>	<p>Diet – the kinds of food that a person, animal, or community habitually eats. Drugs – a medicine or other substance which has a physiological effect when ingested or otherwise introduced into the body. Cigarettes – A tube-shaped tobacco product that is made of finely cut, cured tobacco leaves wrapped in thin paper BPM - frequency of the heartbeat measured by the number of contractions of the heart per minute.</p>	