

Year Group: Year 3 & Year 4	Topic: Animals including Humans; The Skeletal System and Nutrition	n Term: Autumn 1 (Cycle A)	
National Curriculum Links (Ref: NC 2014) Pupils in Key Stage Two should be taught to: • 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 • identify that humans and some other animals have skeletons and muscles for support, protection and movement			
 Pupils <u>might</u> work scientifically by: identifying and grouping animals with and without skeletons, and observing and comparing their movement. exploring ideas about what could happen if humans did not have skeletons. compare and contrast the diets of different animals (including their pets) and decide ways of grouping them according to what they eat. research different food groups and how they keep us healthy. design meals based on what they find out. 			
 Working scientifically (LKS2 objectives) asking relevant questions and using different types of scientific enquiries to answer them setting up simple practical enquiries, comparative and fair tests making systematic and careful observations and, where appropriate, taking accurate measurements using standard units and a range of equipment gathering, recording, classifying and presenting data in a variety of ways to help in answering questions recording findings using simple scientific language, drawings, labelled diagrams, keys, bar charts, and tables reporting on findings from enquiries, including oral and written explanations, displays or presentations of results and conclusions using results to draw simple conclusions, make predictions for new values, suggest improvements and raise further questions identifying differences, similarities or changes related to simple scientific ideas and processes use straightforward scientific evidence to answer questions or to support their findings. 			
<u>Global Goal</u> This global goal would be perfect to fit with	this unit of learning.	BAL GOALS 2 ZERO HUNGER SAL GOALS 3 GOOD HEALTH AND WELL-BEING THE GLOBAL GOALS THE GLOBAL GOALS	





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Knowledge and Skills Objectives	Activity	Differentiation
	Useb Image of a spail mouse and warm	Tach 1
Lesson one the characteristics of	Hook: Intuge of a shall, mouse and worm.	<u>IUSK I</u> Create a mind man
animals	Starter Question	SEN- Create a mind man with support
unintais.	Ash the children:	<u>SEN</u> ² Create a mind map with images and
Working Scientifically	Which is the odd one out and whu?	vords
I can make careful observations	Discuss with Talking Partners before discussing as a whole class	Vear 4- Create a mind man with images and more
i cuit make curejut observations.	Discuss with fulking fulfillers before discussing us a whole class.	detailed explanations
I can record findings using simple	Introduction	acturiou explanations.
scientific language and labelled	Following the presentation of the images and discussion, children to be asked to think	Task 2
diagrams.	about what the animals all have in common, and whether they also have this in	Sorting images and facts
5	common with humans.	Take photographs of each group's findings.
I can sort and classify, and present		
data in a variety of ways to help in	Task 1:	<u>Challenge:</u>
answering questions.	Children to create a mind map of their thinking (words and images). Spend time	Children to read more about the animal groups
	listening to the children talk about what they already know.	and their characteristics.
I can report on findings from		Use text book:
enquiries, including oral and	12 marsh	
written explanations, displays or	A winds including 5	
presentations of results and	Humans S	
conclusions.	again	
	Lill all and a brain	
	(All a there have have have	
	(AU of her ways)	
Resources		Plenary
	Task 2:	
Images of a mouse, worm and snail	Next, ask the children to think about the differences between animals, including	Consolidate the similarities between animals, and
Animal sorting cards	humans. Children to discuss these ideas with their Talking Partner.	then the differences. Discuss the animal groups
Animal fact cards	Discuss with the children how animals differ e.g. some have tails, some have no legs,	and some of the additional facts they have learnt
Text book for additional reading	some have beaks – Can they recall from KS1 the different animal groups (amphibians,	through the challenge (if the challenge hasn't





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	reptiles, mammals, fish, birds & insects). Record what the children know on the board. Then, give out some animal cards to groups of children. Ask the children to sort them according to their characteristics. Listen carefully to the group's discussion, and especially for any misconceptions.	been done, read the text to the children and discuss)
	Following this, give out fact cards about each animal group for the children to sort and add to the images.	
<u>Lesson Two</u>	Hook: a life-size outline of a Year 3 or Year 4 child.	<u>Task 1</u>
I can explain why a skeleton is		Archaeological dig matching
important to us.	Starter Question:	Build and label their own skeleton
	Ask the children;	SEN:
Working Scientifically:	What is inside us?	Children to have a skeleton already cut out and
I can make careful observations.	Ask the children in groups to add and label as many body parts as they can to their	only in a few parts (skull, ribs, 2 legs and 2 arms)
	outline, trying to put them in the correct positions. (Hopefully someone will mention	Children to have pre-made labels to attach.
I can ask questions and use	bones and a skeleton or you may need to prompt them). Listen to the group s	<u>Year 3:</u>
different types of scientific	discussions carefully and use this activity as a pre-assessment of what children	Children to have access to a Give of the part together on a black piece of construction paper.
enquiries to answer them.	aireaay know and any misconceptions.	word bank to support their
- IC II - I	Introduction	Children to write simple
I can record findings using simple	Ach the children:	containent to write simple
sciencific language, arawings and	What is a shelpton?	the body supports us and
labellea alagrams	What is a skeleton: Why do we need hones?	what it would be like to
I can report on findings from	What would hannen if we didn't have one?	have no skeleton
enquiries including oral and	Discuss with Talking Partners before discussing as a whole class.	Year 4:
written explanations displays or		Children to include a more
presentations of results and	Ask the children to hold up their namer outlines and drop them – discuss what	descriptive explanation of
conclusions.	hannened Explain our bodies would flop like this if we didn't have a skeleton. We need	how the skeleton supports us, and what it would
	a skeleton to support us. Our skeleton is made up of 206 different hones (an adult) of	be like to have no skeleton.
	all shapes and sizes that join together to make our skeleton. When we are a habu we	
	have about 300 bones. The bones are much softer and need to fuse together.	<u>Task 2</u>
		Write about the importance of the skeleton

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	Science Flumming	
	Ask the children, what bones can they feel on their own bodies? Give time for the children to explore their bones. What can they feel? Do the children know any names of their bones? If they do, on a large image of the skeletal system, label what the children know (pre-assessment). <u>Task 1</u> Explain to the children that you have set up an archaeological dig with plastic bones buried in sand. In small groups, they are going to dig up the bones and match them to the human skeleton. Once they have matched the bones, children used the worksheet to name the bones. Listen carefully to the children as they discuss the bones, and their reasoning behind their ideas.	 <u>SEN:</u> children to be given sentence starters to support their answers. <u>Year 3:</u> Children to answer the questions with some scientific reasoning. <u>Year 4:</u> Children to answer the questions with increasing scientific reasoning. <u>Challenge:</u> Children to explore x-rays of skeletons. Can they identify which part of the body the x-ray shows?
	Take photographs of the children doing this task.	
Resources	Following this activity, use a life-size model of a skeleton, label the bones with the children. Then play a version of 'Simple Simon' – Simple Simon says, touch your ribs your skull	Plenary
Life-size paper outline of a person. Colouring pens Large image of a skeleton Plastic bones Trays Sands Bone matching sheet Bone vocabulary cards Large model skeleton Worksheet of skeleton Glue Scissors Pancake (shape of a person) Biscuits (shape of a person)	 Children to build a skeleton; children to cut out the bones and put them together to make a human skeleton. Then, children to label the skeleton using a word bank (ribs, spine, pelvis, skull). <u>Task 2</u> Use a pancake and a hard biscuit to reinforce what our body would be like with and without bones. Discuss how the bones give us shape. If we had no bones we would be a blob of muscle on the floor. Support is one of the vital jobs of our skeleton. Give the children 2 questions to discuss in small groups. 	Consolidate the importance of a skeleton as a support for us. Play the following video. Invite the children to join in with the video. https://www.youtube.com/watch?v=i3CvuCyAsz8 At the end of the video ask the children; Can you think of another reason why we have a skeleton? (move)



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	1) What would it he like if you had no skeleton? Explain	
	2) Do you think a fabric shelatan would work? Explain	
	2) Do you mink a jubite skeleton would work? Explain	
	Discuss these questions as a whole class. Then the children to record their	
	understanding of the role of a skeleton for support into their journals	
Lesson Three	Hook: a large human skeleton or fancy dress skeleton outfit with lakels	Task 1
I can explain why a skeleton is	<u>Hook</u> a large namar skeleton of jarley a cos skeleton outjet with labelo	Sort to sort hones
important to us and how it works	Starter Question:	SEN.
importante to do ana now te worko.	Ask the children:	Children to have fewer hones to sort
Warhing Colortifically	Why is a sheleton important?	Vegr 3.
<u>vvorking sciencijicalig:</u>	Discuss with Talking Partners before discussing as a whole class	Children to have major bones to sort along with
I can make carejul observations.		lahels
I can ach questions and use	Introduction:	Year 4:
different types of scientific	Explain to children that a human skeleton not only supports us and allows the body to	Children to have a range of bones with no labels
anguiries to answer them	move, it protects our vital organs. Ask the children what is meant by 'vital organs'.	but a reference vocabulary mat for them to use to
enquiries to unswer them.	Show the children images of our vital organs. Ask the children where these might be in	find the names of the bones.
I can record findings using simple	our bodu? Discuss as a whole class. In the life-size skeleton, place representational	j
scientific language drawings and	images or objects of these organs within the skeleton frame.	Task 2
labelled diggrams		Joints and ligaments
lubelleu ulugrunis	Task 1	SEN:
I can report on findings from	Explain to the children that they are going to sort bones that they found during the	To build joints using construction toys.
enquiries including oral and	archaeological dig. Explain that they are going to sort the bones that protect us and	Year 3:
written explanations displays or	those bones that don't. Children to sort them.	Label the images of joints and sort them
presentations of results and	Take photographs of the children's findings and listen carefully to the children's	according to how they move.
conclusions	discussions; discussing any misconceptions.	Year 4:
		Label the images of joints and sort them
	Following the activity, discuss which bones protect;	according to how they move. Children to research
	• the skull (cranium) protecting our brain.	about the joints and write about each joint and
	 the ribs protecting our lungs and heart 	how they move.
	 the vertebrae protects our spinal cord 	
	• the pelvis protects the reproductive organs.	<u>Challenge:</u>
	Get the children to feel for these bones in their body. (Add these labels to the large	Children to answer these questions.
	model skeleton if not already in place.)	How does the skeleton support the body?.







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Lesson Four	Hook: a large human skeleton, rubber bands, balloons, cardboard tubes	<u>Task 1</u>
I can explain how my muscles		Make a muscle
work.	Starter Question:	<u>SEN:</u> Children to be summarized in the marking of the
Working Scientifically	Ask the question;	Children to be supported in the making of the
L can set un simple practical	How does our body move?	muscles work
enquiries.	Children to discuss with their Talking Partner before discussing as a whole class.	Children could be the time keeper for the activity
onqui toor		if they are unable to complete the exercise.
I can record findings using simple	Introduction:	<u>Year 3:</u>
scientific language, drawings,	Explain to the children that today they are going to learn more about the muscles.	Work in pairs when constructing the arm model.
labelled diagrams and tables	Watch the following video to support the learning of muscles in our body.	Children to explain how muscles work to another
	https://www.youtube.com/watch?v=3haTJCOkyxA	pair of children. Can they explain using some
I can report on findings from	Tash 1.	scientific vocabulary?
enquiries, including oral and	<u>Tusk I:</u> Explain that muscles are attached to hones hu tendons (like elastic hands) and help the	<u>Year 4:</u> Children to make individual models of the
presentations of results and	hones to move	muscles and label the bones
conclusions	When a muscle contracts (bunches up), it gets shorter and so pulls on the bone it is	Children to explain to another child how their
	attached to. When a muscle relaxes, it goes back to its normal size.	muscles work.
I can use straightforward scientific	Muscles can only pull and cannot push. Therefore muscles have to work in pairs to	
evidence to answer questions or to	move a joint. One muscle will contract and pull a bone one way and another muscle	<u>Challenge:</u>
support their findings.	will contract and pull it the other.	Research different muscles in the body using
	Watch these video to support the understanding of how muscles work.	Usborne Readers Text.
	<u>https://www.bbc.co.uk/bitesize/clips/zj2kjxs</u>	
	<u>11(Lps//www.bbc.co.uk/bitesize/topics/27557j0/ultites/2pbxb82</u>	
	Children to make a model of the arm muscles contracting and relaxing.	
	There are two ways of doing this;	
	1) The first one involves cardboard tubes and	
Dessures	balloons. The instructions can be found on this	Plenary
Resources	website.	
a lanas human shelatan	Have the resources prepared for the children so	Play Walk and Talk – the children move around
a large numan skeleton	long. https://kidsactivitiesblog.com/17436/how-	the classroom whilst listening to some music.







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I can use straightforward scientific evidence to answer questions or to support their findings.	pecks, glutes Teach them; Face – facial Arms –biceps and triceps Legs - quadriceps and hamstrings Torso – abdominals, deltoids, pectorals, and gluteus maximus (These muscles could be referred to in PE lessons during warm up and cool down activities). Play 'Simple Simon' type of game using the muscles.	simple sentences. <u>Year 4:</u> Children to draw a table and list 8-10 different muscles (building on their knowledge from previous year). Children to explain using more detail and increasing scientific language. <u>Challenge:</u> Children to devise a mini workout that exercises all the muscles learnt today.
Resources	Children to use their own jigsaw pieces of the muscles, and stick on top of the skeleton. Children then to label them.	Plenary
Image of skeleton Jigsaw muscle pieces Muscle labels Worksheet of skeleton and muscles Activity cards to perform Involuntary and voluntary muscle cards for sorting.	Task 2:In groups, give them activity cards to perform. Children then to perform the task and following it, discuss which muscles they used.Take photographs of the children doing this activity.Task 3:Explain to the children that some muscles are voluntary and some muscles are involuntary. Discuss the meaning of these words.Voluntary – we can move them.Involuntary – we can't move them, they work without our control.Display two images of muscles e.g. heart and the upper arm. Children to choose which muscle is voluntary and which is involuntary. Repeat with further examples.Give children picture cards of voluntary and involuntary muscles with labels. Invite the children to sort the images. Listen carefully to the children's discussions, and discuss any misconceptions.Next, ask the children the question; Is a smile voluntary or involuntary? Discuss their thinking.Children to record this understanding into their journals in a table format and record	Watch this video to consolidate all they know about the musculoskeletal system. <u>https://www.youtube.com/watch?v=ynVRDsDC-</u> <u>84</u> Play 'Simple Simon' game again.





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	what is meant by voluntary and involuntary.	
Lesson Six	Hook: a large human skeleton, animal figures including invertebrate.	<u>Task 1</u>
animals. <u>Working Scientifically:</u> I can make systematic and careful observations.	<u>Starter Question:</u> Ask the children. <i>Do all animals have a skeleton?</i> Discuss with Talking Partners before discussing as a whole class.	Animal and skeleton match <u>SEN:</u> Match 1 of each animal type <u>Year 3:</u> Match several animals including one that you wouldn't expect to have an endoskeleton. <u>Year 4:</u> Match several animals including an odd one out.
I can record findings using simple scientific language, drawings and labelled diagrams I can report on findings from enquiries, including oral and written explanations, displays or presentations of results and conclusions	Introduction: Recap that our skeleton is made of bones and bones grow as we grow. Explain that we belong to a group of animals called 'vertebrates'. Explain that these animals have a skeleton inside their body with a spine (backbone) and bones. The animals are said to have an endoskeleton. They include all mammals, birds, reptiles, amphibians and fish. Get the children to think of which animals are mammals, birds, reptiles, amphibians and fish. This will reinforce their Knowledge and understanding from lesson 1. Look back at their learning from Lesson 1.	<u>Task 2</u> Sorting animal skeletons <u>SEN:</u> Children to sort fewer skeletons and give verbal explanations. <u>Year 3:</u> Children to have several images to sort. <u>Year 4:</u> Children to have a larger number of skeletons including a few with exoskeletons in the mix to deepen their thinking and reasoning.
	Task 1:Explain to the children that they are going to look at images of animal skeletons. Can they guess which animal it belongs too?Show the children images showing animal skeletons. Children to try and name them.Give all children animal images and skeleton images. Get the children to match them and stick them into their journals. Discuss how they know the skeleton matches the animal.	Task 3Comparison between skeletonsSEN: Compare two images and give verbalexplanationsYear 3: Compare two animals and give somedetailed comparisons using conjunctions e.g.however, but, also, and with some naming ofbones.Year 4: Compare two animals using more





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	Task 2:Following the first activity, give the children pictures of these skeletons and ask to sortthem in different ways. Listen carefully to the children's discussions, and discuss anymisconceptions e.g. I didn't know a snake has a skeleton.Once the children have sorted them, invite groups to swap tables and try to figure outhow their friends have sorted the animals. Repeat this.Take photographs of the children sorting the images.	scientific detail e.g. names of bones, position e.g. backwards <u>Challenge:</u> Read more about endoskeletons. Write three facts about them.
Resources	Tash 3.	Plenary
Images of animal and their skeletons Animal skeletons to sort and animal skeletons to stick into their book Sorting hoops Animal pictures (pairs)	Next, show the children two pictures of animal skeletons and in pairs discuss the similarities and differences. Children to write a comparison between the 2 images. Repeat with two more images.	Explain to the children that they have been learning about animals with a skeleton on the inside. Inform them that some animals have a skeleton on the outside or some animals have no skeleton at all. Ask them to think about which animals might have a skeleton on the outside or have no skeleton. Children to make a list of animals. This will form a prediction for the next lesson.
Lesson Seven I know skeletons differ between	Hook:, animal figures including invertebrates.	<u>Task 1</u>
animals.	Starter Question: Ask the children.	Sorting animals <u>SEN:</u> Children to be given headings and 1 of each to match
I can make systematic and careful observations.	Discuss with Talking Partners before discussing as a whole class.	<u>Year 3:</u> Children to sort animals with headings. <u>Year 4:</u> Children to sort without headings.
I can record findings using simple scientific language, drawings, labelled diagrams, keys, bar charts, and tables.	<u>Introduction:</u> Consolidate the learning from the previous lesson on endoskeletons. Explain to the children that not all animals have a skeleton on the inside. Some animals have a skeleton on the outside; some have a shell and some have no skeleton at all. These	Children to consider headings and write their own. <u>Task 2</u>









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tests.	Explain that now we have learnt a lot about skeletons, we are going to investigate	T 1 2
	parts of it.	lask 2
I can take accurate measurements		
using standard units and a range	Task 1:	Investigate muscles
of equipment.	Do you think someone with a long femur bone can jump further than someone who	<u>SEN:</u> Support them in the participating in the
	has a shorter femur bone?	investigation as a team, and in the recording of
I can gather, record, classify and	Discuss how to investigate this – children to discuss in small groups how they could do	results. Make a scatter graph with playdough or
present data in a variety of ways to	this. As a whole class, create a method e.g.	on peg boards.
help in answering questions	1) Measure everyone's femur. (How are we going to measure? What are we going	Year 3: Children to have a pre-drawn scatter-
	to use to measure this? How can we ensure we have measured accurately?)	graph to support them.
I can record findings using simple	2) Dut the femur size in order (Who has the longest is 1^{st} the next longest is 2^{nd}	<u>Year 4:</u> Draw own scatter-graph.
scientific language, drawings,	2) Fut the jentur size in order. (who has the longest is 1, the next longest is 2	
labelled diagrams, keys, bar charts,		<u>Challenge:</u>
and tables.	3) Create a space for jumping and ensure everyone starts at the same point.	Children to devise their own questions to
	(Discuss fair testing)	investigation on the body, and consider how they
I can report on findings from	Everyone jumps. (How? Two feet together?)	would carry out this.
enquiries, including oral and	5) Distance jumped to be recorded.	
written explanations, displays or	6) Compare results	
presentations of results and	7) Work out if the question can be	
conclusions	answered	
	Following this get the children to predict	
I can use results to draw simple	their ideas shout this investigational sucction. Write this is their issues a	
conclusions, make predictions for	their ideas about this investigational question. Write this in their journal.	
new values, suggest improvements	Present the children with a table to record their findings on, and then carry out the	
and raise further questions	investigation. Children to stick this into their journal.	
	After the investigation, children to use different sized femur cut-outs, and place them in	
	the position they jumped. Invite the children to discuss what they have found out.	
	Children to stick cut-outs into their journal and to write about what they have found	
	out and why	
	out and mug.	
Resources	Tach 2.	Plenary
	<u>105K Z.</u>	
	why ao you think some people have stronger leg muscles than others? (The planning	



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Femur bone Rulers Metre sticks Chalk Space (outside or the hall) Data recording sheets x2 Femur cards for ordering Scatter-graph worksheets Investigation vocabulary cards	for this investigation comes from the following website - <u>https://slideplayer.com/slide/13077859/_)</u> What is your hunch? This hunch is called a prediction! Children to share their ideas before writing this in their journal. Next, explain how scientists need to collect data and why. Discuss how we could find out this information. (The children are going to do squat jumps until they can't jump any longer). Together devise the method.	Consolidate the scientific words; Prediction (hunch) Method (how we are going to do it) Data (what we measured) Results (what we found out) Conclusion (what we discovered – did we answer our question) Give children vocabulary cards, and children to
*home learning data – how many hours of exercise do I do in a week?	Following this, discuss how they could record the information they found out, and create a table together. The children to then draw this table into their journal. All children get in pairs, and whilst one squat jumps the other counts the number of jumps. Then swop over. Add all the data from the class. Ask why are some children able to do perform more squat jumps than others? Perhaps there is a link between the number of jumps and the	put them in order of what scientists do first, second etc Discuss why scientists do these.
	amount or type of exercise they do in a week. How could we find this out? What could we count? e.g. the number of hours of sport they do, the frequency of exercise (Year 4 could be split into 2 groups – half the class count the number of hours of exercise and the other half look at the type of exercise) Children to calculate the number of hours/type of exercise they do in a week – link with parents regarding clubs outside of school and add to playtime/lunchtime allowance.	





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Science Planning



Resources





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conclusions	a person or animal eats. Animals have different diets.	<u>Challenge:</u> Children to use pages 14-15 to create a simple
	Ask the children if the can name the three different diets of animals. (They learnt	food chain. This reinforces their understanding of
	about carnivores, omnivores and herbivores in KS1).	food chains from KS1.
	Children to discuss with their TP before discussing as a whole class.	created instead.
	Explain how herbivores have specialised digestive systems, as plant matter is very hard to break down into energy. Herbivores often graze for long periods throughout the day, so that they can get as much energy as possible. By looking at the shape of the jaws and teeth of animals you can often see if they are carnivores, herbivores or omnivores. Animals use a range of techniques to obtain their food and then eat it. Some animals have special skills or body parts to allow them to catch and eat their food. Ask the children if they think of different adaptations that animals have to eat their food.	
Resources	Children to watch the following video to support their understanding of animal diets. https://www.bbc.co.uk/bitesize/clips/zxrmp39	Plenary
animal figures		Ask the children;
inads		Why is food important?
Book; Who Eats who?	Following this, children to sing, The Animal Diet song (to the tune of The farmer wants	What is your favourite food?
	a critica).	Children to share ideas.
	A carnivore eats meat,	
	Roar, roar, roar and ROAR,	
	A carnivore eats meat.	
	A harbiyora agts plants	
	A herbivore eats plants	
	munch, munch, munch and MUNCH.	
	A herbivore eats plants.	
	A omnivore eats both,	
	A omnivore eats both,	
	roar, munch, roar and MUNCH,	



animals to take place. Give the children ipads to check their thinking. In their journal, children to match animals to their food. Task 2: Consolidate children's knowledge and understanding of food chains, and who eats who. Give out copies of the text, Who Eats Who? This book is on Oxford Owl. Children to share this text with their Talking Partner. Following the reading of this text, discuss what would happen if something is missing in a food chain. Ask the children if we are missing something, what might happen to us? (weaker muscles and bones). Lesson Ten Hook: a range of food items Task 1 I **know** what foods humans need to Starter Questions: Record what they ate for breakfast or for their eat to be healthy. Ask the question; evening meal. Why do we need to eat food? All children should be able to achieve this. Working Scientifically Children to discuss with their TP before discussing as a whole class. I can ask relevant questions and

Consolidate from the previous lesson that in order to grow strong bones and muscles,

begin to use different types of

Task 2







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Odd one out strips	 What food should we not eat or not eat a lot of it? Children to discuss with the TP before discussing as a whole class. Record chideas and reasons for future reference. Watch the following video to support the children's understanding of balance https://www.bbc.co.uk/bitesize/topics/zrffr82/articles/zppvv4j Show the children three images of food. Children to discuss which food item though were the odd one out and why. In their journals, children to stick in strips of three foods and write about wh believe is the odd one out and why. 	Idren'sthe children to share their own experiences of what having this allergy/tolerance means to them and what they have to do differently to everyone else who doesn't has the allergy/tolerance
Lesson 10	Hook: a range of food packaging	Task 1
I know what the right types and		
amount of nutrition I need to be	Starter Question	Food packaging
healthu	Ask the children;	SEN: Ask them to look for a food high in fat, a
neuting.	How do I know which of these cereals is healthier for me?	food high in sugar and a food that is very good
Working Scientifically	Children to discuss with their Talking Partner before discussing as a whole c	ass. for us (all or mostly green)
I can ask relevant questions and		Year 3: Children will not understand percentages
hegin to use different tunes of	Introduction:	and their knowledge of weight might be limiting.
scientific enquiries to answer them.	Explain to the children that to help us, many food manufactures have to info	m us of Ensure this is explored as part of the lesson so
	What is in our food.	that they understand why something is green,
I can make careful observations.	Display an example of a jood label showing the energy, portion size, jut, said	rates, yellow of rea.
5	fat sugar and salt as these are not good for our body's health	a food low in all areas and a food that is high in
I can record findings using simple	Discuss the colour coding on the labels.	most areas.
scientific language, drawings and		Year 4: Children will have some knowledge of
labelled diagrams	Show the children the nutritional information on	weight and maybe of percentages. With Year 4
T and managed and finding as for m	the packaging of the cereal. Get them to explore	talk about the daily consumption of fats and
I can report on findings from	what information they can see and what this. Go 924kJ 13g 5.9g 0.8	0.7g sugars, to support the understanding of why
written explanations displays or	back to the original question; which cereal is	something is green, yellow or red.
nresentations of results and	healthier for me, and discuss. of an adult's reference in Typical values (as sold) per 1000: Energy	To make this activity more challenging; children
conclusions		can have just the labels and match them to an







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Lesson 11	Hook: Food packaging, foods, plates, knives, forks, spoons, craft materials	<u>Task 1</u>
I can explain why some foods are		
good for me.	Starter Question:	Reading fact cards
	Ask the children;	All children to work in mixed ability pairs.
Working Scientifically	How will I know if a food is good for me or not?	
I can ask relevant questions and	How do I know if I am eating too much or too little?	<u>Task 2</u>
using different types of scientific	Children to discuss this with their Talking Partner before discussing as a whole class.	
enquiries to answer them		Using the McDonalds counter app
	Introduction:	<u>SEN:</u> Guide them in the use of the app and discuss
I can set up simple practical	Explain to the children that they are going to find out more about food. Consolidate	verbally what they found out.
enquiries.	what the children learnt about food groups in the previous lesson, and how much of	Children could add a colour to show the amount
	these foods we should be eating.	of sugar, fat, salt etc.
I can make systematic and careful		Year 3: Children to work with their Talking
observations and, where	Task 1:	Partner. Children to draw and make a simple
appropriate, taking accurate	Place around the classroom fact cards about the different food groups. Children to	label for the food through colour coding the
measurements using standard units	rotate around them, sharing what they have found out with their Talking Partners.	amounts.
and a range of equipment.	Invite children to share information they have found out e.g. we need to eat 5 portions	<u>Year 4:</u> The children could add additional
	of fruit or vegetables a day. A slice of plneapple is one portion.	information to their label e.g weight or
I can record findings using simple	Track D.	percentage
scientific language, drawings,	<u>IUSR Z:</u> Talk about what might hannen to our bodies if we consume too much energy or too	Tach 2
labellea alagrams, keys, bar charts,	much salt sugar and fat However reassure the children that we can still have a little	<u>Tusk s</u>
ana tables.	hit of those foods but not often	Measuring fats and sugars
Team venert en findinge from		All children to work in mixed ability groups
and including and	Introduce the children to the McDonalds Counter, and how to use it to find out the	All children to work in mixed usinity groups.
written explanations displays or	nutrition in their foods	Challenge
presentations of results and		Children to draw their own balanced meal based
conclusions	Children to select a meal an adult might eat and discuss what they have found out	on what they have learnt.
conclusions	about it. Discuss whether this amount would be a areen, yellow or red, and why. Can	
I can use straightforward scientific	they find a healthier alternative? Why is this mean healthier? Children to record their	
evidence to answer questions or to	findings in their journal.	
support their findings.		
	Task 3:	





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	Following on from that activity, explain that we are going to look at what fats and	
Resources	is for children and adults. Then give the children a list of foods (full-fat coke, biscuit, McDonald's chips, crisps etc.) and get the children to predict how many teaspoons of	Plenary
Fact cards Ipads Pre-made labels for children to complete Foods Fat Sugar Plastic cups Teaspoons Sheet of recording	fat or sugar are in them. Children to work in small groups; place sugar or fat for the children to measure out. Go through each food and inform the groups of how much sugar or fat is in the product. Children to measure it out. Discuss if this amount is within the daily amount or not. Discuss why eating too much of a food will not be good for us e.g. a chocolate chip cookie has 2 Tsp of sugar. If we have 3 biscuits we would have eaten our recommended daily amount. Take photographs of the children measuring. In their journal, children to place their prediction and their findings. Children to write about a food that surprised them and why.	Consolidate all learning on what foods helps us to grow, stay strong and build good muscles. Consolidate the reasons for a balanced diet, and what might happen to our bodies if we don't provide it with the right balance of nutrients. To support healthy living as a whole, watch this video https://www.bbc.co.uk/bitesize/topics/z rffr82/articles/ztsqfcw
<u>Lesson 12</u> I can make healthy choices.	<u>Hook:</u> packed lunch items, plates, knives, forks, spoons, bowls,	All children to rotate around activities
Working scientifically I can record findings using simple scientific language, drawings, labelled diagrams, keys, bar charts, and tables. I can report on findings from enquiries, including oral and written explanations, displays or presentations of results and conclusions	Ask the children; What is a balanced meal? Children to discuss this with their Talking Partner before discussing as a whole class. <u>Introduction</u> Explain to the children that today they are going to make a healthy sandwich. Go 'shopping' with the children. Ask the children; Which bread would be good for our lunch? Which filling would be good for our lunch? Which snack would be good for our lunch too? <u>Task 1:</u>	sandwiches, children can eat them.







Science Planning

Enrichment Opportunities:

A visit from a dietitian. Visit a food outlet and watch them make food.

Key Vocabulary

Tier Two: skeleton, bones, muscle, heart, lungs, brain, skull, jaw, ribs, hip, leg, arm, neck, foot, toe, hand, shoulder/shoulder blade, breast bone, calf, knee cap, wrist, forearm, ankle, spine, backbone, elbow, thigh, shin, joints, organs, face, torso, energy, relax, diet, fat, sugar, salt, dairy, fruit, vegetables, meat, fish Tier Three: pelvis, cranium, sternum, vertebrae, humorous, metatarsals, reproductive organs, tendons, musculoskeletal, voluntary, involuntary, contracts, facial, biceps, triceps, quadriceps, hamstrings, abdominals. Deltoids, pectorals, gluteus maximus, vertebrate, endoskeleton, invertebrate, exoskeleton, hydrostatic skeleton, herbivore, carnivore, omnivore, protein, carbohydrates, starches, nutrition, nutrients,