

Year 5

Summer

Healthy Body, Healthy Mind

How can we keep ourselves healthy for life?

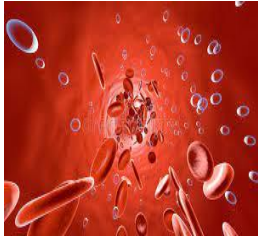


Topic focus:

Science, PE and PHSCE

Key Vocabulary

Circulation	Movement of blood through the heart and around the body
Oxygen	A reactive element that is found in water, rocks, and free as a colourless tasteless odourless gas which forms about 21 percent of the atmosphere
Nutrients	The substances in food that our bodies process to enable it to function
Blood Vessels	Channels that carry blood throughout your body. They form a closed loop, like a circuit, that begins and ends at your heart.
Vital Organs	These are the main organs inside the body, such as the heart, lungs, and brain, that are necessary for life.
Stamina	Stamina is the physical or mental energy needed to do a tiring activity for a long time.

Key Prior Learning

How does oxygen get into our blood stream?	How can we perform basic first aid?	What does a healthy, balanced diet actually mean?
		

Want to find out more?

Why do we need oxygen in our blood?

What activities help with well-being?

What is the job of each of our vital organs?