


Y6 - Animals including Humans Lesson 5

Lesson	5 of 6	Key Unit Question:	How do an animal's living systems work together to maintain a healthy body?	Key Lesson Question:	How can I live a healthy lifestyle?
Learning Objective		NC Links		Resources	
I can identify how humans can live a healthy lifestyle.		• recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function		• Differentiated activity, challenge and next step activities	
Teaching Input					
<ul style="list-style-type: none">• Last lesson recap. Can you remember how we absorb water and nutrients into our blood? Give children time to discuss with partners/groups before feeding back as a class.• Thinking time. What does our blood transport around our body?• As we grow into adults, there are lots of things we should be doing to help keep our bodies strong and healthy. Can you think of anything we could do to keep our bodies strong and healthy?• Thinking time. Look at the picture of the boy (PDF slide 5). What do you think has happened to the child in the picture?• This child has been exercising. What is your favourite type of exercise? How does exercising make you feel?• Exercise is important to keep our bodies healthy. Partner activity. Why is important to exercise? Give children 60 seconds to write down as many reasons as they can. Discuss the answers the children have.• Having a healthy diet is also important. Discuss and show the two lunchboxes (PDF slide 11) Discuss which of these lunchboxes is healthy and which is unhealthy. Explain your answer.• Explain that personal hygiene is also important. What do we mean by personal hygiene? How can we have good personal hygiene? Why is this important?• PDF slides 15-22 explain how people can become ill and what they might do to make themselves feel better.• However, if people exercise, eat a healthy diet and have good personal hygiene this gives them a better chance of leading a healthy lifestyle.• Independent activity• Plenary. Lesson recap. How can we lead a healthy lifestyle?					
Differentiated Activities					
★ (working below)			★★ (working at)		
Children given template to design their own poster explaining the three main things that people need to do to live a healthy lifestyle (exercise, healthy diet, good personal hygiene).			Children given plain paper to design their own poster explaining the three main things that people need to do to live a healthy lifestyle (exercise, healthy diet, good personal hygiene). Children could be given an audience to aim their poster at e.g. young children, teenagers or adults.		
Challenge Activity			Next Step Activity		
Which do you think is the most important factor of leading a healthy lifestyle? Why?			'If you eat a healthy diet, it's ok if you don't exercise.' Do you agree with this statement? Explain your answer.		
Assessment Questions		Self Assessment		Key Vocabulary	
Is this healthy? Why is exercise important? Why is diet important? What is a healthy diet? Why is good personal hygiene important?		I can explain how I can live a healthy lifestyle.		exercise, healthy, unhealthy, diet, personal hygiene, illness, sick, medicine	

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