




How Humans Work Year 4 Learning Journey

Start Date:	Sunday 29 October	Unit Length:	7 weeks
	<p>Links to Host Country (Qatar)</p> <ul style="list-style-type: none"> • How Qatar is tackling obesity rates with increased sporting events. • Qatar National Sports Day. 	<p>During this unit our students will be:</p> <p> Respectful</p> <p> Adaptable</p>	
<p>How Humans Work</p> <p>We will be learning about the different functions of the human body, including how we see, hear, digest, breathe and move. We will also investigate how to maintain a healthy lifestyle, and the effects of diet and exercise on the body. We will need to be scientists, nutritionists and sports instructors in order to gain a deep understanding of how humans work. Have you ever considered how your body works? And what does it really mean to be healthy?</p>			
<p>Entry Point</p> <p>For the Entry Point, children will take part in a fitness session. They will take part in different exercises that require using different parts of the body. Children will think about their body before, during and after exercising.</p>			
<p>Knowledge Harvest</p> <p>During our Knowledge Harvest, we will draw around one of our peers in order to get a human sized outline. We will then fill it with all of the information we know about the human body and think about questions we would like to answer throughout the unit.</p>			
<p>Science</p> <ul style="list-style-type: none"> • Discover why we need light in order to see. • Find out how we use our ears to hear. • Compare our human teeth to that of different animals and discuss why they are different. • Learn how the digestive system breaks down food and water. • Carry out an experiment to create a model of the digestive system. • Discuss how our heart works to keep us alive. • Investigate the lungs and how they work. • Look at x-rays of human and animal skeletons and discuss their function. • Learn all about our muscles and how they help us. • Find out why exercise is good for us and what we can do to keep our body healthy. • Find out about different food groups and create a display of healthy foods. 			
<p>Health and Wellbeing</p> <ul style="list-style-type: none"> • Think about how we change from babies to now. • Research the impact of exercise on the body. • Discover how we can keep our brains healthy. • Find out about the different emotions. • Consider what factors have a negative impact on the body. • Practise mindfulness. • Find out about mindful eating. • Research the importance of body hygiene. 			

- Find out about microscopic germs.
- Investigate why our bodies need sleep.

Physical Education

- Participate in Yoga to stretch our muscles.
- Find out about aerobic movements.
- Take part in a Zumba workout.
- Find out about and take part in strengthening exercises.
- Practise hand-eye coordination skills.
- Find out how exercise can develop stamina.

International

- Find out what it means to be healthy.
- Research 'World Health Day'.
- Find out about sports that people take part in worldwide to stay healthy.

Exit Point

For the Exit Point the children will work together to create an Adobe Spark Page to present to others how we can keep our bodies healthy.

Assessment

Science 2.11 Be able to compare results to predictions and draw conclusions.			
Mastering	Secure	Developing	Emerging
<p>I can:</p> <ul style="list-style-type: none"> • Talk about the limitations of results and how this might impact what I have found out. • Compare results from different investigations and see if they answer questions in the same way, thinking about which is more reliable. 	<p>I can:</p> <ul style="list-style-type: none"> • Use what I have found out to create new questions to investigate. • Order results from the winner to the loser in an investigation that compares things. • Talk about whether our investigation helped us answer the question we were looking into. 	<p>I can:</p> <ul style="list-style-type: none"> • Talk about what happened and say how right or wrong I was with what I thought would happen. • Use what I found out to help me think about other learning. • Choose the winner when comparing things in an investigation. 	<p>I can:</p> <ul style="list-style-type: none"> • Talk about what happened and say whether this is the same or different to what I thought would happen.