



# I Can Statement - Year 6

## Living Body

| Unit/Topic Overview                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Pre-taught Vocabulary |                    |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|--------------------|
| <p>In this topic You will discover that the human body is a fascinating living system made up of many different parts working together to keep us alive and healthy. You will explore how the body functions as a whole, including how organs, muscles and bones support movement, growth and survival. You will learn how systems such as the circulatory, digestive and respiratory systems work together to transport oxygen and nutrients around the body and remove waste. How understanding the living body helps us make better choices about health, exercise and diet. You will see how amazing and complex our bodies really are.</p> | Tissue                | Cells              |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Blood vessels         | Organs             |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Nutrients             | Organ systems      |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Muscles               | Muscles            |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Digestive system      | Circulatory system |

| RAG Rating: |                                                                                                                                                          | Start | End |
|-------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|-------|-----|
| 1.          | I can identify and name the main parts of the human circulatory system, including the heart, blood vessels, and blood.                                   |       |     |
| 2.          | I can describe the functions of the heart, blood vessels, and blood in transporting substances around the body.                                          |       |     |
| 3.          | I can explain the role of oxygen, nutrients, and water in maintaining a healthy body.                                                                    |       |     |
| 4.          | I can describe how nutrients and water are absorbed and transported within the human body.                                                               |       |     |
| 5.          | I can explain the impact of diet, exercise, drugs, and lifestyle on the way the body functions.                                                          |       |     |
| 6.          | I can recognise the importance of a balanced diet and describe the roles of different nutrients (carbohydrates, proteins, fats, vitamins, and minerals). |       |     |
| 7.          | I can explain how the circulatory system works together with other systems (e.g., digestive and respiratory systems).                                    |       |     |
| 8.          | I can interpret simple data related to heart rate, exercise, and health.                                                                                 |       |     |
| 9.          | I can plan and carry out investigations related to the body (e.g., measuring pulse rate before and after exercise) and record results clearly.           |       |     |
| 10.         | I can use appropriate scientific vocabulary (e.g., circulation, pulse, oxygenated, nutrients) to explain how the human body functions.                   |       |     |

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