

Science Theme Week

Working scientifically objectives

Title: The Complete Athlete

Year: 3			
Teaching Ideas	Visitor In / Visits Out	National Curriculum Objectives	
<p>Pupils should learn about the skeletal and muscular systems and learn that these parts of the body have special functions. They should learn about the importance of nutrition for these parts of the body (e.g. calcium, protein). They could conduct a scientific experiment placing chicken bones in vinegar to show the importance of calcium on bone health.</p> <p>Pupils could carry out simple experiments to test their own strength / muscles (e.g. using bathroom scales to test how far they can squeeze them with different muscles in the body) They could create their own models of pairs of muscles and the skeletal frame within the body to learn how they work in conjunction (e.g. using wood and elastic bands to create the bicep and triceps).</p> <p>Pupils should learn about a diet and exercise regime for external health. They could interview athletes or a sports coach to find out about external fitness and healthy lifestyles. They could learn about the different exercise regimes and training programmes required for different sports and athletes.</p> <p>They will investigate the short and long term effects of exercise on the body, including, for example, carrying out a fair test to investigate the effect of different types of exercises on the body including learning to measure pulse rate. They present their findings in tables and charts (e.g. bar chart)</p> <p>They will design their own long term exercise regime (e.g. a monthly plan), including tailoring this to their own needs or to a particular sporting ambition. They could come back to revisit this in future PE lessons to see the benefits on long term health.</p>	Athlete / sports coach in Visit out to local gym / sports centre / sports club / paramedic Literacy links: Question writing / interviews Persuasive brochure	<ul style="list-style-type: none"> ● To be able to ask relevant questions and use different types of scientific enquiries to answer them ● To be able to gather, record, classify and present data in a variety of ways to help in answering questions ● To record findings using drawings, labelled diagrams, bar charts and tables. ● To be able to set up simple practical enquiries, comparative tests and fair tests. ● Identify that humans and some other animals have skeletons and muscles for support, protection and movement. 	

