



**Churchill Park School**  
**Mid Term Plan – Key Stage 4 - Food and Festivals**

|         | Week 1   | Week 2   | Week 3   | Week 4  | Week 5   |
|---------|--|--|--|---|--|
| Science | <p><b>Objective:</b> Healthy Teeth</p> <p><b>Success Criteria:</b><br/> <b>Support:</b> S5 Try out a range of simple equipment in familiar, relevant situations.<br/> <b>Core:</b> S13 Identify different types of teeth in humans<br/> <b>Extension:</b> S14 Can describe the functions of different teeth in humans.<br/>                     LOtC:<br/>                     SMSC<br/>                     Using IT:<br/> <b>Suggested Activities:</b></p> <ul style="list-style-type: none"> <li>Learning the names of different teeth.</li> <li>Teeth puzzle.</li> <li>Using lego to build the teeth structure and practice flossing and brush correctly.</li> <li>Role play dentists</li> </ul>   | <p><b>Objective:</b> Reflex actions are automatic and rapid.</p> <p><b>Success Criteria:</b><br/> <b>Support:</b> I can name different parts of the body.<br/> <b>Core:</b> S11 I can identify that humans and animals have skeletons and muscles for support protection and movement.<br/> <b>Extension:</b> S16 Describe the changes as humans develop to old age.<br/>                     LOtC:<br/>                     SMSC<br/>                     Using IT:<br/> <b>Suggested Activities:</b></p> <ul style="list-style-type: none"> <li>body-matching activity</li> <li>Knee jerk</li> <li>Sheep dash activity</li> <li>Pencil drop</li> <li>Label the body parts-reflexes</li> <li>Labelling the body and reflexes.</li> <li>How it protects the body</li> <li>Eye dilatation.</li> </ul> | <p><b>Objective:</b> A healthy diet contains the right balance of the different foods you need and the right amount of energy.</p> <p><b>Success Criteria:</b><br/> <b>Support:</b> S9 Identify sources of food and match animals to the foods they eat.<br/> <b>Core:</b> S11 Describe the importance of humans eating the right amounts and types of food<br/> <b>Extension:</b> S16: Recognising the impact of diet on the way that the body functions.<br/>                     LOtC:<br/>                     SMSC<br/>                     Using IT:<br/> <b>Suggested Activities:</b></p> <ul style="list-style-type: none"> <li>Healthy plate</li> <li>Food diary- check amounts of foods and whether they have a balanced diet.</li> <li>Ext- check for calories, salt ect...</li> <li>Food groups</li> </ul> | <p><b>Objective:</b> People who exercise regularly are usually fitter than people who take less exercise.</p> <p><b>Success Criteria:</b><br/> <b>Support:</b> S7 can participate in a class discussion about the names of parts of the human body<br/> <b>Core:</b> S11: Describe the importance of humans for exercise.<br/> <b>Extension:</b> S15: Describe the effects of exercise on the body.<br/>                     LOtC:<br/>                     SMSC<br/>                     Using IT:<br/> <b>Suggested Activities:</b></p> <ul style="list-style-type: none"> <li>Take part in exercises and identify which body part is used ie boxing, swimming, running.</li> <li>Bleep tests</li> <li>Exercise diary</li> <li>Exercising and checking pulse-line graph</li> <li>body</li> <li>Identify differences between legal and illegal drugs.</li> <li>Sweet packet looking drugs- 'legal highs'</li> <li>What can people get addicted to?</li> <li>Cannabis- how it is used legally and illegally.</li> </ul> | <p><b>Objective:</b> Drugs affect our body chemistry. Some people use drugs recreationally. Some of these drugs are illegal or legal.</p> <p><b>Success Criteria:</b><br/> <b>Support:</b> S8 Label and identify different parts of the body.<br/> <b>Core:</b> S15 Describe the effect of drugs on the body<br/> <b>Extension:</b> S17 Discuss the effect on recreational drugs on behaviour, health and life processes.<br/>                     LOtC:<br/>                     SMSC<br/>                     Using IT:<br/> <b>Suggested Activities:</b><br/>                     Sensory: Looking after a baby or animal and giving it medicine when poorly (Vet) (Doctors)<br/>                     Support matching body pains to body parts and know that they might need medicine?</p> <ul style="list-style-type: none"> <li>Role pal</li> <li>Drugs in sports- Roll plays- what's needed- Athletes banned from taking part in tournaments.</li> <li>Frank – research different drugs- effects and what they look like- damages to</li> </ul> |
|         | Week 6   | Week 7   | Week 8   | Week 9  | Week 10  |
|         | <p><b>Objective:</b> Bacteria and virus may reproduce rapidly inside the body and may produce poisons (toxins) that make us feel ill.</p> <p><b>Success Criteria:</b><br/>                     Linked to AQA not NAP<br/> <b>Support:</b> I can identify how to be healthy<br/> <b>Core:</b> I can recall the names of two types of disease causing microbe.<br/> <b>Extension:</b> I can give reasons why sometimes bacteria and viruses can make you ill.<br/>                     LOtC:<br/>                     SMSC<br/>                     Using IT:<br/> <b>Suggested Activities:</b></p> <ul style="list-style-type: none"> <li>Using agar plates to compare washed and unwashed hands.</li> <li>Researching different bacteria's and linked diseases.</li> <li>Support-washing hands staying safe</li> </ul> | <p><b>Objective:</b> White blood cells help defend against bacteria by ingesting them, and red blood cells are responsible for transporting oxygen around the body.</p> <p><b>Success Criteria:</b><br/> <b>Support:</b> S6 I can be aware of different parts of the body.<br/> <b>Core:</b> AQA Recall that red blood cells transport oxygen around the body.<br/> <b>Extension:</b> S16 I can describe the functions of the heart, blood vessels and blood.<br/>                     LOtC:<br/>                     SMSC<br/>                     Using IT:<br/> <b>Suggested Activities:</b></p> <ul style="list-style-type: none"> <li>Draw or annotate diagrams of both types if cell. Discuss and add annotations about how each cell is adapted to the job it performs.</li> </ul>            | <p><b>Objective:</b> Antibiotics including penicillin, medicines that help sure bacterial disease by killing infective bacteria inside the body but cannot be used to kill viruses.</p> <p><b>Success Criteria:</b><br/> <b>Support:</b> I can communicate an awareness of change<br/> <b>Core:</b> AQA Recall that antibiotics kill infective bacteria but not viruses.<br/> <b>Extension:</b> S15 Describe the effects of drugs on the body<br/>                     LOtC:<br/>                     SMSC<br/>                     Using IT:<br/> <b>Suggested Activities:</b></p> <ul style="list-style-type: none"> <li>Alexander Fleming linked activities- penicillin</li> <li>Learn about diseases that antibiotics treats.</li> </ul>   | <p><b>Objective:</b> TDA<br/>                     Teacher designed activity</p>   | <p><b>Objective:</b> TDA<br/>                     Teacher designed activity</p>  |



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| <p>activities. Use hand prints- everything they have touched to see how dirty they get. Teeth cleaning tablets</p>  | <ul style="list-style-type: none"> <li>• Could draw a story board or make a flipbook/animation of a white cell engulfing bacteria.</li> <li>• Diabetes.</li> <li>• Blood pressure machine.</li> <li>• Red and white blood cells- red blood coloring and oil experiment.</li> <li>• Look at veins in the body- how do we breath? Drawing or building using body parts a body and then drawing on how the blood moves around the body.</li> <li>• Matching body parts</li> </ul> | <ul style="list-style-type: none"> <li>• What have you used it?</li> <li>• Role play activities making people feel better and giving them medicine.</li> <li>• Looking at pictures of healthy and unhealthy body parts.</li> </ul> |  |                                       |
| <p><b>Week 11</b></p>   |  |  |  | <p><b>Suggested Home Learning</b></p> |
| <p><b>Objective:</b></p> <p><b>Success Criteria:</b></p> <p><b>Support:</b></p> <p><b>Core:</b></p> <p><b>Extension:</b></p> <p><b>LOtC:</b></p> <p><b>SMSC</b></p> <p><b>Using IT:</b></p> <p><b>Suggested Activities:</b></p> <ul style="list-style-type: none"> <li>•</li> </ul> |  |  |  |                                       |