**Shaping Up**

Summer Term 2 2017 – 2018

**The Big Idea**

Your body is the most valuable thing you will ever own. It’s your job to keep your body ﬁt and healthy because it has to last you a lifetime! We are going to ﬁnd out how best you can do that.

**In Science, we’ll be ﬁnding out:**

* About the human skeleton, organs and muscles
* How the human heart works
* What is meant by a balanced diet
* How the digestive system works
* How to look after our teeth
* About the harmful effects of cigarettes and alcohol
* How much physical exercise we need
* About the effects of physical activity on our heart rate

**In Physical Education, we’ll be ﬁnding out:**

* About the beneﬁts of physical activity
* How different movements work different parts of the body
* How a ﬁtness plan can improve our body’s health

**In Society, we’ll be ﬁnding out:**

* About germs and how they are spread
* How much sleep we should have
* How food advertising inﬂuences us
* About our food preferences

**In International, we’ll be ﬁnding out:**

* How different countries keep ﬁt
* About World Health Day