

Name: _____

Success Criteria:

I can:	Tick off
◆ State that cells are organised into tissues	
◆ State that tissues are organised into organs	
◆ State that organs are organised into systems	
◆ State why bones are important in the body	
◆ State why the heart is important in the body	
◆ State why the lungs are important in the body	
◆ State why a healthy diet is important to the body	
◆ Label the main parts of the human body e.g. heart, lungs, liver, kidney, bladder, pancreas, stomach, small intestine, large intestine	
◆ Name at least 3 of the major systems from digestive nervous, urinary, reproductive, skeletal, circulatory, respiratory and lymphatic system	
◆ Describe the structure of at least 3 of the major systems from digestive nervous, urinary, reproductive, skeletal, circulatory, respiratory and lymphatic system	
◆ Describe the function of at least 3 of the major systems from digestive nervous, urinary, reproductive, skeletal, circulatory, respiratory and lymphatic system	
◆ Understand some of the problems that can develop in body systems	
◆ Explain how lifestyle choices affect health	
◆ Use my numeracy skills to analyse data related to coronary heart disease in Scotland	
◆ Research ONE disorder of the heart, circulatory system or respiratory system from heart disease, a stroke, arrhythmia, a heart attack (myocardial infarction), deep vein thrombosis (DVT), hepatitis, anaemia, leukaemia, lung disease, lung cancer	
◆ Produce a report on the chosen disorder of the heart, circulatory system or respiratory system from heart disease, a stroke, arrhythmia, a heart attack (myocardial infarction), deep vein thrombosis (DVT), hepatitis, anaemia, leukaemia, lung disease, lung cancer	
◆ Describe how to measure my heart rate using a stethoscope or heart rate monitor	
◆ Describe how to measure my pulse rate using a pulsometer or stopwatch	
◆ Describe how to measure my blood pressure using a sphygmomanometer	
◆ Describe how to measure my breathing rate using observation or a spirometer	
◆ Describe how to measure my body fat using skinfold calipers or body fat analyser	

♦ Describe how to measure my reaction time using a calibrated ruler or an electric timer	
♦ Design an experiment to see how exercise affects heart rate	
♦ Describe how to measure my recovery time	
♦ State that BMI is a measure of health	
♦ Describe how to measure BMI	
♦ State that blood cholesterol levels are a measure of health	
♦ Work with others to produce a health clinic play, involving measuring 3 aspects of health	

Body organisation

➤ The body is organised into cells, tissues, organs and systems

Put the structures into order from smallest to largest:

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→

→

State why bones are important in the body

→

State why the heart is important in the body

→

State why lungs are important in the body

→

State why a healthy diet is important in the body

→

The Broken body

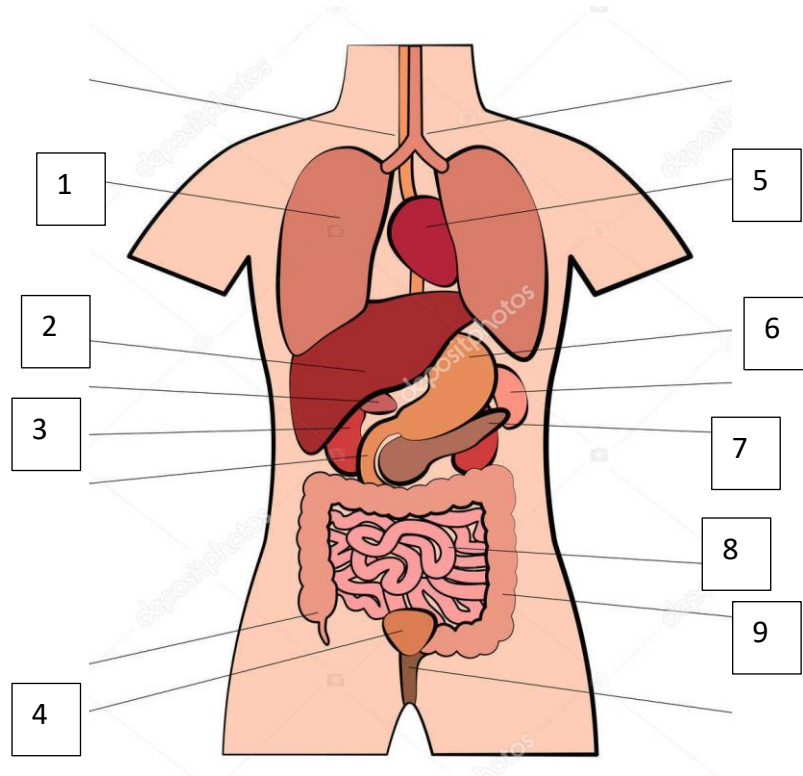
Describe one problem that you have researched that can develop in a chosen body system:

→

Human Body

➤ Label the numbered structures in the diagram:

heart, lungs, liver, kidney, bladder, pancreas, stomach, small intestine, large intestine



Body systems

Complete the table to show the key organs and functions of any **THREE** of the following body systems

Body system	Key organs	Function
Digestive		
Nervous		
Urinary		
Reproductive		
Skeletal		
Circulatory		
Respiratory		
Lymphatic		

Body Measurements

Complete the table to show how to measure key aspects of human health

Body measurement	How to measure
Heart Rate	
Pulse rate	
Blood pressure	
Breathing rate	
Body Fat	
Reaction time	

Effect of exercise on heart rate

Describe, or draw a labelled diagram, to show how you could find out the effect of exercise on heart rate

- Include the names of the pieces of equipment you used
- Describe how you collected your results

- Describe what your experiment showed about recovery time

BMI

What is BMI?

-

How is BMI measured?

-

Blood cholesterol

What is blood cholesterol

-

Why is it important to measure blood cholesterol?

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