



# St Peter's CE Primary School

## Sports Camp Overview

### Unit Overview:

Sports Camp is a science based topic focusing on the human body and the five senses. The topic also looks at the importance of keeping your body healthy through exercise and diet. The importance of good hygiene forms an important part of this unit too. The unit ends with a design and technology focus with the children either making a fruit salad or a healthy soup for the Year 1/2 café.

### Key Questions:

1. What are the parts of the human body?
2. What are the five senses?
3. Why is exercise so important?
4. What is a healthy diet and why is it important?
5. How can I keep my body clean?

### Objectives covered in this unit:

|           |   |
|-----------|---|
| Geography |   |
| History   |   |
| Science   | Identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense.<br>Describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.   |
| Art       | I can use other art, craft and design techniques.(Modroc)<br>I can sculpt - wire,   |
| DT        | I can work to a design brief.<br>I can research designs.<br>I can create my own designs and develop a final design based on the market research.<br>I can carry out market research to find out the most popular design.<br>I can make my design using the most appropriate material.<br>I can resolve problems or improve my product to make it the best I can.<br>I can evaluate my design. |



# Sports Camp

## Key Knowledge

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| 1. What are the parts of the human body?           | <p>The heart keeps blood pumping throughout our body - the heart is one of our vital organs, which means it helps keep us alive.</p> <p>Parts of your arm include your hand, wrist and elbow.</p> <p>Parts of your leg include your foot, ankle, shin and thigh.</p> <p>The parts of your body that help your arms twist around are called shoulders - your legs are attached to hips.</p> <p>Your neck allows your head to move from side to side, so you can turn your face to look at something.</p> <p>Your stomach sits inside your body, just below your chest and lungs, and above your intestines.</p> <p>1Parts of your face include your forehead, eyes, cheeks, ears, nose and mouth</p> <p>You have five digits on each hand and each foot, making 10 fingers and 10 toes altogether.</p> <p>Each bit of our body is made up from cells, which are the tiniest form of life - like single Lego pieces.</p> <p>The parts of our body need blood in order to work properly - blood transports the nutrients each cell needs, and takes away any rubbish.</p> |
| 2. What are the five senses?                       | <p>There are five senses - sight, smell, touch, taste and hearing.</p> <p>Our senses help us to understand what's happening around us.</p> <p>Our senses send messages through receptor cells to our brain, using our nervous system to deliver that message. There are four kinds of taste receptors on the tongue - bitter, sweet, salt and sour.</p> <p>Some parts of the skin are more sensitive than others - this is because they have more receptor cells. We taste food using both our sense of taste and smell.</p>   |
| 3. Why is exercise so important?                   | <p>Exercise helps to keep our body healthy. Exercise also burns fat.</p> <p>It's good for our heart, lungs, bones and muscles. Our hearts need to be kept active and pumping.</p> <p>Activity is good for our brain and helps us to concentrate so that we can learn better.</p> <p>Being active, moving, getting exercise, playing sports and games are fun and can help make us happy!</p>   |
| 4. What is a healthy diet and why is it important? | <p>The human body needs a balanced diet to work properly. Good health involves drinking enough water and eating the right amount of foods from the different food groups:</p> <p>Carbohydrates give us energy. They are found in foods such as bread, potatoes and pasta.</p> <p>Proteins help our bodies to repair themselves. They are found in foods such as fish, meat, nuts, seeds, eggs and cheese.</p> <p>Fats help store energy for our bodies. They are found in foods such as</p>  |

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|   | <p>butter, cheese and fried foods.</p> <p>Fibre is important for helping us digest our foods. It's found in fruit and vegetables.</p>   |
| <p>5. How can I keep my body clean?</p> | <p>1. Take a bath or shower</p> <p>Every kid sweats. This sweaty smell is called Body Odour (BO) and it is caused when sweat reacts with bacteria on your skin, especially in places such as your armpits and your feet. The best way to get rid of BO is to take a bath or shower every day.</p> <p>2. Wear Clean Clothes</p> <p>There's no point putting dirty clothes on a clean body! First of all, make sure you change your underwear and socks every single day. Some items of clothing you may be able to wear a couple of times before they need washing such as trousers or jumpers but anything that is dirty or smelly should be put in the washing basket.</p> <p>3. Take Care of Your Hair</p> <p>Your scalp produces oil and sweat which sticks to your hair so you need to wash it regularly to stop it getting dirty and greasy. If you have long hair you may need to use a conditioner which will make it easier to brush out the tangles.</p> <p>4. Brush Your Teeth</p> <p>It's very important to keep your teeth clean. If you don't brush your teeth twice a day you might end up with rotten teeth, gum disease and bad breath.</p> <p>5. Wash Your Hands</p> <p>You should wash your hands with soap and warm water before eating or touching food and after handling pets or going to the toilet as it will kill germs that could make you ill.</p> |



# Sports Camp Vocabulary

| Vocabulary |  |  |   |  |
|------------|--|--|---|--|
| Tier 1     | Body<br>Feet<br>Ears<br>Toes   | Head<br>Eyes<br>Face                                       | Arms<br>Nose<br>Hands                       | Legs<br>Mouth<br>Fingers                   |
| Tier 2     | Shoulder<br>Shin<br>Five senses<br>Hearing<br>Carbohydrates<br>fruit | Wrist<br>Ankle<br>Taste<br>heart<br>proteins<br>vegetables | Elbow<br>Touch<br>lungs<br>exercise<br>fats | Smell<br>Feeling<br>Blood<br>Diet<br>fibre |
| Tier 3     | Keith Haring<br>artist   | Sculptures   | Modroc                                      |  |