

What should I already know?

Know how to keep healthy by doing exercise and eating healthily.

Know some rhymes about the **body** (e.g. Heads, Shoulders, Knees and Toes)

Investigate!

Label the different parts of the body and describe what each part does. Draw around one of the pupils in your class using chalk - label the different parts of the body.

Complete a simple exercise (such as a star jump) and describe which parts of your body move.

Participate in a sensory experience where you taste, feel, look at and see different foods (check for allergies first).

Use senses to compare different textures, sounds and smells

Discuss activities where you might use more than one sense (e.g. playing football).

What will I know by the end of the unit?

The different parts of the **body**.

hair - this grows on our **head** and helps to protect our **skull**. The skull is the bone that protects our **brain**

eyebrows - these protect our eyes

eyes - these help us see

ears - these help us hear

nose - helps us smell

mouth - we use our mouth to eat and talk. Inside our mouths are **tongues** which help us taste and teeth

neck - connects the **head** to the rest of the **body**

shoulders - these help our **arms** to lift up

elbows - these help our **arms** to bend

hands - these help us grab things and write

knees - these help us bend our **legs**

feet - these help us stay balanced and upright.

We have five **senses**.

- 1) We **smell** using our nose.
- 2) We **taste** using our tongue.
- 3) We **touch** using parts of our body, like our hands.
- 4) We **see** using our eyes.
- 5) We **hear** using our ears.



