

Human Health & Fitness

Overview

This term we will be studying human health and fitness, which is one of the most important units in our science curriculum. Understanding the importance of exercise and a balanced diet could impact our children for the rest of their lives.

Here are some key topics we'll be studying;

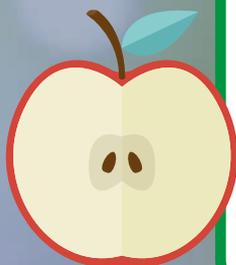
1. The value of exercise.
2. What a rounded exercise routine is
3. What we mean by a balanced diet and how you can fulfil this



Key experiments

Our children love practical science and they will be involved in a number of investigations that really help them to develop their scientific skills; planning, data capture and analysis and evaluation. Here is an example of the type of investigation they'll be doing:

- How do our lungs work
- What is the effect of exercise on our heart rate
- Looking at bone strength and the role of calcium
- What effects can drugs have on the body
- What does a 'balanced diet' mean and why is it important?



Exciting things

Did you know...

It is recommended that children and young people should do at least 30 minutes of moderate physical activity each day? At least twice a week, this should include activities that improve bone health, muscle strength and flexibility, for example running, cycling or swimming. At the moment only 70% of boys and 61% of girls actually manage this.

Exercise can have a very positive effect on our mental health. It can energise your body and make you able to deal with stress and all because it releases happy chemicals or dopamine's in to your brain. As a result, children who do regular exercise are more likely to be confident in their own bodies.



Things to do at home

Sometimes it's not easy to get your children active but we know children need exercise to be healthy. If getting outside isn't that easy why not try planning a new and exciting workout? You can include any exercises you like such as bum wiggles, bunny hops or Hulk lifts!

Upload a video of you and your child doing your new workout on Instagram or Facebook and use the hashtag #empiriboxscience to share in the fun!

