



**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.





Question 1: Which of these might you find on a face?	Start of unit:	End of unit:
eyes		
mouth		
knees		
hands		
nose		

Question 2: Which of these protects our head?	Start of unit:	End of unit:
arms		
mouth		
hair		
elbows		

Question 3: What do elbows do?	Start of unit:	End of unit:
help our legs bend		
help our arms bend		
help us walk		
help us taste		

Question 4: What does the neck do?	Start of unit:	End of unit:
connects the legs to the body		
connects the hands to the arms		
connects the feet to the legs		
connects the head to the body		

Question 5: Match the senses to the parts of the body that help us do them.	Start of unit:	End of unit:
<div style="border: 1px solid black; padding: 5px; width: fit-content; margin-bottom: 10px;">tongue</div> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin-bottom: 10px;">ears</div> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin-bottom: 10px;">eyes</div> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin-bottom: 10px;">nose</div> <div style="border: 1px solid black; padding: 5px; width: fit-content;">hands</div>	 smell	
	 taste	
	 touch	
	 see	
	 hear	