

Science Assessment Grid : Healthy Bodies : Year 6

Healthy Bodies								
Group: Year: Term:								
Science								
Lesson 1	Can children describe some examples of how doctors in the past tested ideas about food and diet?							
	Do children know how these tests in the past have affected our ideas about healthy eating today?							
	Do children know that in order to be healthy we need a balanced diet which includes different food groups?							
Lesson 2	Can children name some of the different food groups?							
	Do children know which types of foods are included in different food groups?							
	Do children know why each different food group is important for a healthy lifestyle?							
Lesson 3	Do children know that the circulatory system transports blood and nutrients to the different parts of the body?							
	Can children describe how the circulatory system works?							
4	Can children record their own resting pulse rate accurately?		-					
Lesson 5 Lesson	Can children describe the functions of the heart?		_					
	Can children investigate how the heart is affected through exercise and draw conclusions? Do children know that hearts need to have exercise to stay healthy?		_					
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	Do children know that muscles work in pairs to move different parts of the skeleton?		_					
	Do children know that when muscles exe <mark>rc</mark> ise they need a <mark>n in</mark> creased flow of blood because the muscles are working harder?							
	Can children explain why their pulse rate increases when they exercise?		_					
Lesson 6	Do children know that drugs affect the way the mind or body works?							
	Do children know that some drugs are beneficial even though they may have unpleasant side-effects?							
	Are children aware of some of the negative effects of tobacco and alcohol on the body?							
Lesson 7	Can children describe the impact that diet has on the body?							
	Can children describe why exercise is important for a healthy lifestyle?				111			
Le	Can children describe the harmful effects some drugs can have on the body?							

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