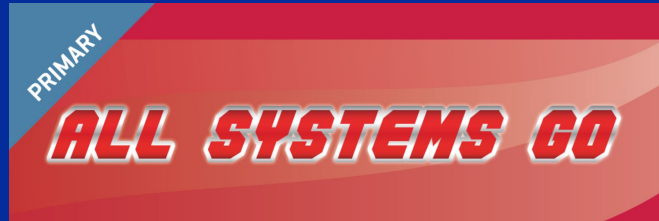


All Systems Go

To investigate the different internal body parts and body systems. How we can keep our body and mind healthy.



We can:

- ☐ Brainstorm internal body systems/organs and describe the main jobs of each body part within these systems
- ☐ Explain how and why our blood uses water, oxygen and nutrients
- ☐ Identify some risks of smoking and how we can protect our health
- ☐ Practise strategies to deal with peer pressure
- ☐ Name a reason why exercise is beneficial for the body and mind
- ☐ Identify foods that contribute to a healthy body and lifestyle
- ☐ Discuss how people might need to use medicine safely for health and wellbeing
- ☐ Identify, record and undertake a healthy change in my life