

THE PARK SCHOOL, JUNIOR DEPARTMENT HEALTH AND SEX EDUCATION POLICY – SCHEDULE 2A

Key Idea	Year 3	Year 4	Year 5	Year 6
Our senses of touch and hearing are highly developed and important. Some people hear better than others. Some sounds cannot be heard by humans. Also we have senses of sight, taste and smell. People's senses vary. The loss of one sense is often compensated by the greater level of others. The sense of taste and smell are closely linked.		The Senses		
Eyes can adjust to help us see in bright or dull light. We can focus on near or distant objects. There are various methods for extending vision.			Sight and aids to vision. AUTUMN	
There are measures of our uniqueness which can be classified. There are wide extremes of human size but most of us fall within a narrow middle range.		Our bodies		
Some foods are better for us than others. The effects of poor nutrition often take time to show. An awareness of our diet will help us to balance the food we eat. We can help ourselves to be healthy. Food is needed for activity and growth.		Diet		Exercising our bodies SPRING
Air contains a mixture of gases. The air we breathe in contains more oxygen than the air we breathe out. The air we breathe out contains more carbon dioxide than the air we breathe in. We breathe faster when we use up more of our energy. Impurities in the air can damage our lungs. The sense of smell is important to us.			Smell and breathing AUTUMN SPRING	
Physical characteristics have advantages and disadvantages. Practice helps us improve.			Sports and training SPRING	
Exercise can improve the performance of our muscles and bodies. Our pulse rate increases as our activity increases. It returns to normal after rest. The misuse of drugs and alcohol can harm the body.				Exercising our bodies SPRING
Our bodies are supported by a skeleton of linked bones. They vary in size. Bones change as we grow older. Muscles enable us to move. As our bones and muscles change over time, our own behaviour changes.				Bones, joints and muscles SPRING

Some deterioration can be compensated for.				
A life cycle describes the process through which human beings begin life, grow, develop, reproduce and die. The main stages of the human life cycle.	Life cycles			Life cycles SUMMER
The functions of teeth and the importance of dental care.	Teeth			
A simple model of the structure of the heart and how it acts as a pump. How blood circulates in the body through arteries and veins. The effect of exercise and rest on pulse rates.				Exercising our bodies SPRING