



KS1 PSHE & Science

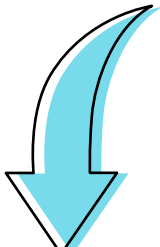
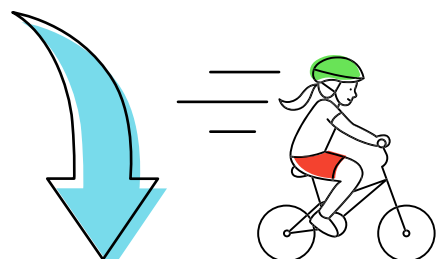
Cycling and my body

Investigating how the heart works and the effects of cycling on the body

READY CURRICULUM LINKS & SESSION OUTCOMES

PSHE: Describe what constitutes a healthy lifestyle including the benefits of physical activity

- This learning resource supports pupils to:
- Describe how the muscles, heart and lungs work together
 - Identify the body parts and describe the actions used when riding a bicycle

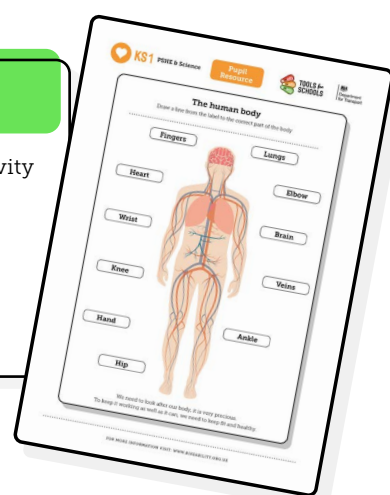


SET WHAT YOU WILL NEED

- **Ppt slide** video <https://www.bbc.co.uk/bitesize/topics/z9yycdm/articles/zqhbr82>
- **Cycling and the body** discussion sheet (1 per pupil) (Image on ppt slide too)
- **The human body** labelling activity (1 per pupil) (Image on ppt slide too)
- **Heart pumping** fact sheet

PEDAL WHAT TO DO

- Introduce the learning activity using the ppt slide and video
- Introduce the My body labelling activity (groups/individual) (The image can also be displayed using ppt)
- Progress to Cycling and the body activity when ready, exploring how the body works when cycling
- Use the **Heart pumping fact sheet** to provide greater depth about the workings of the heart



TO MAKE THIS LEARNING ACTIVE

Pupils can draw around each other on large sheets of paper on the floor, then secure them to the wall and label their own body.



DID YOU KNOW?

Children 5-18 years should try to be physically active for at least 60 minutes a day- cycling is physically active! Winner!



The human body

Draw a line from the label to the correct part of the body

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Fingers

Lungs

Heart

Elbow

Wrist

Brain

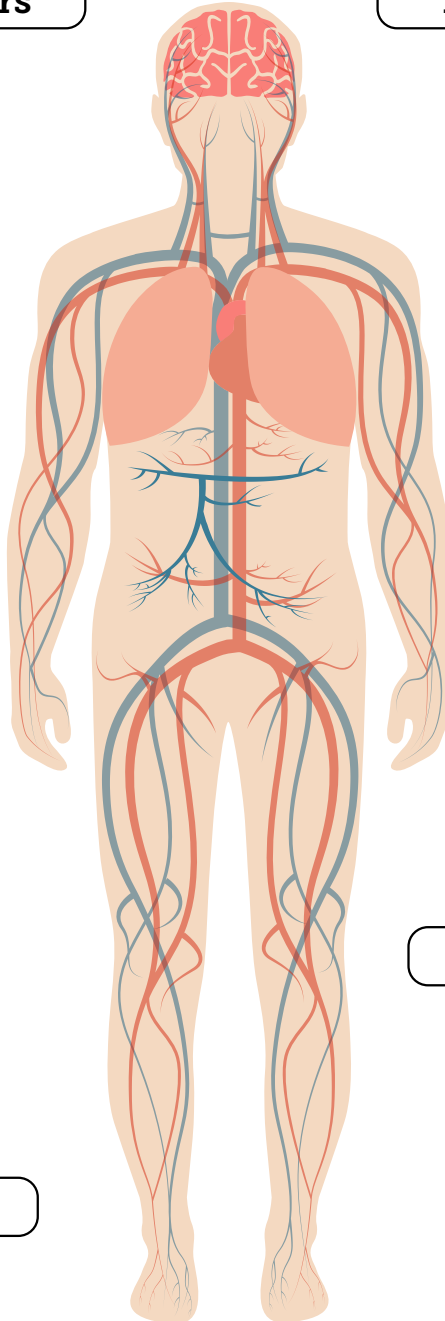
Knee

Veins

Hand

Ankle

Hip



We need to look after our body, it is very precious.
To keep it working as well as it can, we need to keep fit and healthy.

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Cycling and the body

Take a look at the image and read the questions, draw a circle around the right answers. There may be more than one.

What action are the fingers doing?

gripping patting
squeezing tapping

The ankle joints and feet make the pedals go around, what do the feet do?

jump press
push down slide

What might he head do when cycling?

look forwards look right
look left look down



What does the knee joint do when cycling?

keeps the leg straight
bends

Which parts of the body move up and down when cycling?

head feet
legs elbows

List all the action words you have circled (the verbs)

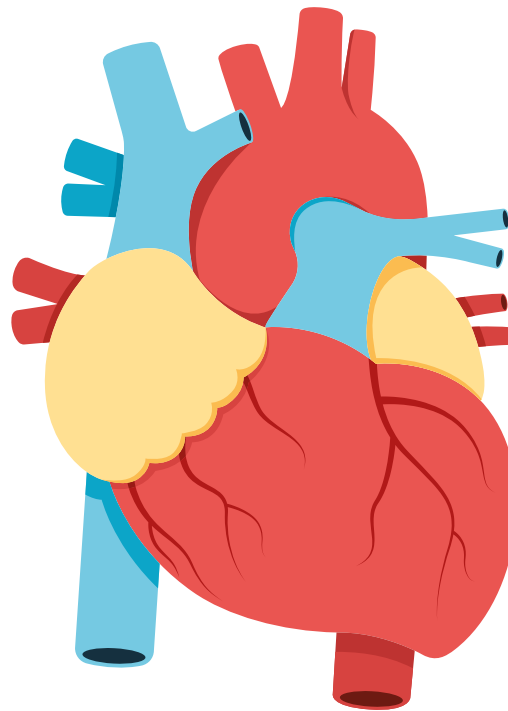
Many parts of our bodies are very active when we cycle! This helps to keep us fit and healthy.



Heart pumping facts

The heart, blood and blood vessels make up the **circulatory system**.

This is your body's delivery system.



What does this system do?

The body's circulatory system is responsible for transporting materials throughout the whole body.

It is like a road system inside your body that travels through your entire body connecting all your body cells.

It delivers nutrients, water, and oxygen to billions of body cells and carries away wastes such as carbon dioxide that body cells produce.

At the centre of this system is the heart- an amazing organ.

Your heart is a muscle and like other muscles in the body, if you want it to be big and strong you need to use it and work it.

When you cycle you use many muscles and these muscles need oxygen to work well.

Your heart plays an important part in being healthy. It has the job of pumping the blood and keeping it moving around the body

When you breathe in oxygen it is the blood that helps the oxygen to travel around your body. The heart beats about 3 billion times during an average lifetime.

The heart is in the centre of the chest slightly to the left.

When you exercise you can feel your pulse, it tells you how fast your heart is pumping. This is called your heart rate.

