

## Science - Year 3

Animals incl. Humans – Block 3AH

# Keeping Healthy

Session 6

**Resource Pack**

### Science, Health and Fitness Quiz Answers

1. <b>plants</b>	2. <b>food chain</b>	3. <b>Herbivores</b>	4. <b>Eats plants and animals</b>	5. <b>diet</b>
6. <b>sugar</b>	7. <b>Carbohydrates</b>	8. <b>Dairy foods</b>	9. <b>bones</b>	10. <b>teeth</b>
11. <b>growth</b>	12. <b>repair</b>	13. <b>Eatwell</b>	14. <b>balanced</b>	15. <b>nutrition</b>
16. <b>Invertebrates</b>	17. <b>Fish/ dog</b>	18. <b>Fish/ dog</b>	19. <b>206</b>	20. <b>femur</b>
21. <b>support</b>	22. <b>skull</b>	23. <b>pelvis</b>	24. <b>joint</b>	25. <b>muscles</b>
26. <b>relaxes</b>	27. <b>tendon</b>	28. <b>oxygen</b>	29. <b>lungs</b>	30. <b>diaphragm</b>

Name

**Science, Health and Fitness Quiz**

1.	2.	3.	4.	5.
6.	7.	8.	9.	10.
11.	12.	13.	14.	15.
16.	17.	18.	19.	20.
21.	22.	23.	24.	25.
26.	27.	28.	29.	30.

**Marks**

Score for Nutrition (questions 1-15)	Score for Skeletons and muscles(questions 16-30)	Total Score (out of 30)

## **Session 6 Teachers' Notes**

### **Science, Health and Fitness Quiz**

This is a PowerPoint quiz with 30 questions. Most questions require pupils to write down a word or occasionally a short phrase on their quiz sheet. The quiz covers all the learning on nutrition, skeletons and muscles in the Year 3 Animals Including Humans Block. The first half of the quiz (questions 1-15 coded pink) assesses knowledge of Food and Nutrition, whilst the second half of the quiz (questions 16-30 coded blue) assesses knowledge of skeletons and muscles. The quiz could provide a formal assessment of pupil's knowledge and understanding of the block if undertaken as an individual task. In this case an answer sheet is provided to help teachers in their assessment. Alternatively, the quiz could be used as an engaging way to review and revise learning prior to the presentations for clients. In this case, it is suggested that pupils do the quiz in pairs or small groups to stimulate discussion and sharing of ideas. After the quiz, show the Answers PowerPoint for pupils to mark their answers.

### **Client Presentations**

If you are using real clients you will have invited them back to this session for the Health and Fitness presentations by the Personal Trainers. You may decide to schedule this for a separate session to allow more time, particularly if you wish the whole class to be present for all the presentations. You could consider a shared presentation on diet and nutrition as all the clients need advice on this. Whole class presentations would allow for further teacher assessment particularly in aspects such as interpreting graphs and charts and using scientific data to answer questions.

If groups give their presentations to clients simultaneously it will cut down the time needed but it would be difficult for teachers to observe more than one group.

### **Further Possibilities**

Consider sharing your learning by doing some of the following:

- Share some of your Healthy and Fitness presentation with other year groups
- Make a Health and Fitness display using your presentation materials
- Perform your Skeleton puppet song and dance
- Share some of your learning with other schools on the Hamilton Blog