

TBAT	Outcomes	Skills	Assessment
1 Describe the structure and function of the respiratory system	To identify the various parts of the respiratory system and state their functions  To describe how gas is exchanged in the alveoli in lungs	To find the breathing rate of a student	Self-assess the diagrams
2 Explain the components of the blood and blood vessels	To describe the 3 main blood vessels in the circulatory system  Link the structure and adaptations of each vessel to their function	Identifying the correct vessel based upon its adaptations	Assessment- Questions around the 3 blood vessels and their adaptations  Collective feedback to follow this assessment.
3 Describe how the circulatory system works	To detail the main components of the circulatory system  To describe the four main components of blood  To describe what a "pulse" is	Relating the space for blood to flow in each blood vessel and how it is related to its function	Labelling activity  Comparison activity
4 Explain the journey of the red blood cell through the circulatory system	To distinguish between oxygenated and deoxygenated blood and the vessels they are carried in	To carry out a heart dissection	Self-assess the heart labelling activity.

	<p>To identify the key components of the human heart</p> <p>To describe why the heart is a “double pump”</p> <p>To dissect a heart</p>		
<p>5</p> <p>Explain the function of the skeleton</p>	<p>To describe the function of bones in the body</p> <p>To identify the various bones of the human skeleton</p> <p>To describe the basic parts of joints.</p> <p>To classify joints as different types.</p> <p>To use a knowledge of bones and joints to identify problems with them.</p>	<p>To identify the various bones found in the human skeleton</p> <p>To identify antagonistic pairs of muscles in the human body</p>	<p>Labelling activity</p>
<p>6</p> <p>Explain how antagonistic muscles work together to cause movement</p>	<p>Describe how muscles and bones work together to allow movement.</p> <p>Describe some evidence for continual changes in bone and muscles.</p> <p>Recall that contracting muscles produce a force and recall the unit for measuring forces.</p>		<p><u>Mid unit assessment</u></p> <p>Q. Explain in detail why two muscles are needed to bend and straighten a joint</p> <p>Students to self-assess their responses using the</p>

	<p>Describe what happens when muscles contract and relax.</p> <p>Explain why antagonistic muscles are used to operate bones in many joints.</p> <p>Describe the action of the biceps and triceps as an example of an antagonistic pair.</p>		
<p>7</p> <p>Classify drugs as legal, illegal, medical or recreational</p>	<p>Classify drugs as legal, illegal, medical, recreational.</p> <p>Describe the effects of stimulants and depressants, including on reaction times.</p> <p>Recall the short- and long-term effects of commonly abused substances.</p>		
8	Describe the short- and long-term effects of alcohol on the body		
9			
10	Complete the revision mat to consolidate their learning.		
Revision lesson			

	Complete the quick quiz to assess their understanding and focus their revision		
11 Assessment	End of unit test	Exam technique	Peer assessed
12 Reflection lesson	Students to reflect on their assessment using the knowledge organiser		

### **Muscles and Bones**