

7C – Muscles and bones

Lesson	Working towards ARE	RAG	Meeting ARE	RAG	Exceeding ARE	RAG
7Ca – Muscles and breathing	Recall the equation for respiration		Describe what happens during gas exchange.		Explain how muscle cells are adapted to their function	
	Name the main organs in the human gas exchange system		Describe how we breath including contraction and expansion of the lungs		Describe how we breathe using keywords including diaphragm, lungs, chest, ribs and intercostal muscles	
7Cb - Muscles and blood	Recall the main structures of the heart		Describe how the heart pumps blood around the body		Explain how the blood is pumped around the body including the exchange of gases in the muscles and lungs	
	Name the three types of blood vessels		Explain how the structure of capillaries is related to their function.		Explain why the left-hand side of the heart has a thicker muscle wall than the right-hand side.	
	Name the four components of blood		Describe the structure and functions of red blood cells, white blood cells and plasma.		Explain how a red blood cell is adapted to its function.	
7Cc - The skeleton	Name some of the main bones in the human skeleton		Describe the function of the human skeleton		Explain why we need joints and classify joints as different types	
7Cd – Muscles, moving and Nerves	Identify a nerve cell		Recall the structures of a nerve cell and its function		Describe the reflex arc as involving electrical impulses, synapses, motor, relay and sensory nerves	
	Recall that contracting muscles produce a force and recall the unit for measuring forces.		Describe what is meant by an antagonistic pair		Explain why antagonistic muscles are used to operate bones in many joints.	
7Ce – Drugs	Recall that drugs are substances that affect how the body works.		Recall the short- and long-term effects of commonly abused substances.		Describe the importance of testing drugs and the importance of different stages of drugs trials	
	Recall that there are different types of drug including, medicinal, recreational, legal and illegal		Describe the short- and long-term effects of alcohol.		Compare the effects of stimulants and depressants on the body by reference to the nervous system.	
7Ce - Hormones	Recall what a hormone is		State some examples of what hormones control		Explain how our body controls it's blood glucose level (homeostasis)	
HSW	Describe how to calculate a mean		Draw a bar chart accurately		Describe the trend in your data by use of a graph	
Homework & Presentation						
Rewards				Test Score (%)		
Response						

Feedback → Action → Response

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Homework & Presentation

Rewards	Test Score (%)
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Response