

The Human Body

Science

Statement Code no: 3

Student:

Class:

At Junior Certificate level the student can:

Describe some of the major systems of the human body and explain their links with health

Date Commenced: / /

Date Awarded: / /

Learning Targets - This has been demonstrated by your ability to:

- 1 Measure one of the following: heartbeat, lung capacity, body temperature, pulse before and after activity; or show the presence of carbon dioxide in exhaled breath
- 2 Name each of the five sense organs and give their functions
- 3 Describe how the skeleton and muscles support, protect and move the body
- 4 Understand the importance of the breathing system, its parts and their functions
- 5 Name the major parts of the breathing system
- 6 Label a diagram of the heart and say how it works
- 7 Explain the functions of blood and blood vessels
- 8 Label a diagram of the kidneys and explain how they work
- 9 Explain what a balanced diet is and its importance for physical health
- 10 Name and list some good sources of the five food types
- 11 Explain the effects of lifestyle on physical health (smoking, drugs etc.)
- 12 Discuss risks and benefits of vaccination on small babies against diseases such as polio, whooping cough, measles etc.

Refer also to: Art, Home Economics, Personal and Social Development, Physical Education.

Work begun | Work in progress | Work completed