**9B1 Human Health**

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|  | Lesson title | Success criteria | Check |
| Biology: Human health | Muscles and bones | I can identify major human bones using scientific names. |  |
| I can explain how different bones are adapted to provide support, protection, movement or make blood cells. |  |
| I can explain how the interactions between bones and muscles enables movement at joints. |  |
| I can explain the function of muscles, and examples of antagonistic muscles. |  |
| The circulatory system | I can describe the human circulatory system, including the relationship with the gas exchange system. |  |
| I can explain how the structure of the heart and the blood vessels are adapted to their functions. |  |
| I can explain how red blood cells, white blood cells, platelets and plasma are adapted to their functions in the blood. |  |
| I can explain the need for a transport system in multicellular organisms in terms of surface area: volume ratio. |  |
| The respiratory system | I can describe some of the substances transported into and out of humans to meet human requirements, including oxygen and carbon dioxide. |  |
| I can describe the structure and functions of the gas exchange system in humans, including adaptations to function. |  |
| I can describe the mechanism of breathing to move air in and out of the lungs, using a pressure model to explain the movement of gases. |  |
| I can measure the volume of lungs. |  |
| Respiratory diseases & drugs | I can name three harmful substances that are found in cigarette smoke, and explain their effects. |  |
| I can explain the impact of exercise on the respiratory system. |  |
| I can describe the symptoms of asthma and explain the effects. |  |
| I can explain how scientists linked smoking with diseases. |  |
| I can explain how toxins in cigarette smoke cause emphysema and arteriosclerosis, and explain the effects. |  |
| I can define a drug giving examples. |  |
| I can describe and explain some effects of drugs on the human body. |  |
| I can explain the difference between a drug and a medicine. |  |