

FIT FOR LIFE – YEAR 5



Websites

<https://getset.london2012.com/en/get-set-goes-global/international-education-programme/paralympic-resources>

The Official London 2012 Paralympic Website for Schools

www.innerbody.com/htm/body.html

This site presents all the body systems in graphic detail, and will interest any of your pupils who have plans for a career in medicine!

www.kidshealth.org/kid

is another site to cover the body systems in some detail. It also tackles sensitive emotional issues in a straightforward way, and would provide information that goes beyond the usual biology.

www.bbc.co.uk/science/humanbody/body/factfiles/organs_anatomy.shtml

BBC website has interactive human anatomy diagrams.

<http://yucky.discovery.com/flash/body/>

This is a great site if you want entertainment with your education! It focuses on the more disgusting facts about the human body.

www.nutritionexplorations.org/kids/nutrition-main.asp

Nutrition Explorations website is designed to help children find out about nutrition, food groups and how much they should eat.

http://kidshealth.org/kid/stay_healthy/food/pyramid.html

KidsHealth website has an up-to-date interactive food guide pyramid.

www.nhs.uk/Livewell/Goodfood/Pages/eight-tips-healthy-eating.aspx

NHS UK website has 8 Tips for Healthy Eating.

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Videos

<http://www.youtube.com/watch?v=8elmVtJ6Jck>

It's a Knockout highlights part 1

<http://www.youtube.com/watch?v=1iKmk5LATCs>

It's a Knockout Ostriches Race

www.youtube.com/watch?v=ZxSAovI_YKk

YouTube video featuring Diana Moran ('the Green Goddess') doing a cardio workout

www.youtube.com/watch?v=CpKghvdQtdQ&

YouTube video featuring gentle chair exercises

www.youtube.com/watch?v=5r9RgOSya-c&

YouTube video demonstrating chair-based exercises using a resistance band

<http://www.videojug.com/tag/swimming>

A large range of swimming videos covering everything from Back Stroke to Butterfly

http://kidshealth.org/kid/htbw/_bfs_CSmoviesource.html

KidsHealth has a video about the heart and the circulatory system

http://www.ted.com/talks/hans_rosling_shows_the_best_stats_you_ve_ever_seen.html

Hans Rosling shows the best stats you've ever seen
