

Key Stage 1 (Year 1)

SCIENCE

Lesson 1: "Some animals need air to breathe - How long can you hold your breath for?"

Length of Lesson: 20 minutes

National Curriculum in England, for teaching from September 2015

Curriculum Topic: Animals including humans

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/425601/PRIMARY_national_curriculum.pdf pages 148 - 149

CURRICULUM

Animals, including humans.

Statutory requirements: To be able to describe and compare the structure of a variety of common animals - birds and mammals, fish, reptiles, pets.

- Commonality: breathing through our noses and mouths.

CURRICULUM

Animals, including humans.

Statutory requirements: identify, name, draw, label basic parts of the human body and say which part of the body is associated with each sense.

- Understand the mouth and nose for taking in air. Recognising that we can smell fresh and dirty air.

LESSON PLAN

This lesson is made up of a short class activity, followed by an introduction to the importance of breathing, and some questions for the class, with answers provided.

First, using a timer, time students to see how long they can last without taking a breath.

After the class has tried a few times, discuss with the class that after a while of holding our breath, we gasp, and have to breath in a really deep breath!

Class question: Why can't we hold our breath for very long?

Answer: Because our bodies always need air to keep working.

Class question: Why are our noses important?

Answer: They allow us to smell, and they also allow us to breathe in and out.

Class question: Which other part of the human body do we use to breathe air in and out?

Answer: Our mouth.

Class question: Which other animals also have a nose and a mouth?

Using pictures of a number of common animals from a book, or using the pictures provided, ask the class what each animal is, and next point out where they think their noses are. Here teachers can also ask in which food-category they lie: Herbivore, carnivore, and omnivore

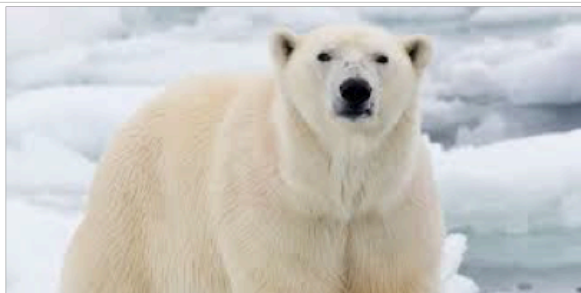
LESSON OBJECTIVES

- Pupils will understand that air is something animals, including humans need in order to live.
- Learn about common animals and some of their similarities.

LESSON REQUIREMENTS:

- Timer
- Images of common animals
- Image of human nose & mouth

**Can you find out where their noses and mouths are,
which let them breathe?**



Sources:

Horse: <http://forums.elderscrollsonline.com/en/discussion/169987/this-is-a-minor-thing-but-zos-please-do-something-about-horses-rear-legs>

Cow: http://www.alternet.org/story/154567/holy_cow!

[_how_senators_and_movie_stars_use_livestock_to_game_the_tax_code](http://www.alternet.org/story/154567/holy_cow!)

Monkey: <http://www.fastcompany.com/3034115/we-asked-a-bunch-of-lawyers-who-owns-the-copyright-to-this-amazing-monkey-selfie>

Snake: <https://doowansnewsandevents.wordpress.com/2013/10/03/snake-medicine/>

Polar bear: <http://www.huffingtonpost.com/news/polar-bears/>

Dog: <http://www.sciencekids.co.nz/pictures/animals/dog.html>

Pig: <http://www.sciencekids.co.nz/pictures/animals/piglet.html>

Eagle: <http://www.sciencekids.co.nz/pictures/animals/baldeagle.html>