Science

Observe, experiment and discover

Main Summary

Primary 5

Term 1

Free Sample



- Our Bodies and the Seasons
- Plant Life: Germination, Growth and Flowers
- Growth and Reproduction
- Weather and the Water Cycle

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Unit 1

Our Bodies and the Seasons

- In this unit I learn how bones, muscles and joints work together to move my body.
- I compare the bodies of humans and animals.
- I learn how plants and animals change with the temperature during the seasons.



1 Muscles and Joints (Chapter 1)

2 The Skeleton and Animal Bodies (Chapter 1)

3 Plants over a Year (Chapter 2)

4 Animals and Temperature (Chapter 2)

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Lesson 1

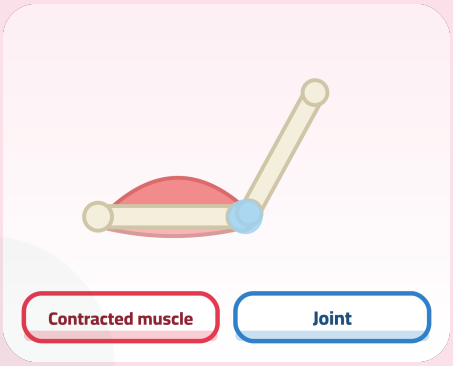
Muscles and Joints (Chapter 1)

Book: p. 6-11

Contents

Today's goal

Explain how our bodies move when muscles contract and relax, and the role of joints.



Lesson ideas

1. The human body has **hard, strong bones** and **flexible muscles**.
2. Muscles are soft parts that **pull our bones** to help us move; they **contract** and **relax**.
3. **Bending the arm:** the inner muscle (biceps) contracts and gets hard, and the outer muscle relaxes. **Stretching the arm:** the opposite happens.
4. A **joint** is the place where two or more bones meet, such as the shoulder, elbow, wrist, knee and ankle.
5. The elbow bends in **one direction only**, while the shoulder can **rotate in all directions**.
6. Joints have **cartilage**, which acts as a cushion so bones do not rub against each other and wear out.

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Lesson 1

Muscles and Joints (Chapter 1)

Book: p. 6-11

New words

Muscle A soft part that pulls bones to move the body.

Contract When a muscle gets shorter and harder.

Relax When a muscle becomes loose again.

Joint The place where two or more bones meet.

Remember

Muscles contract and pull bones ▪ Joints let the body bend ▪ Cartilage is a cushion between bones.

In my life

When I carry my heavy school bag, I feel the muscle in my arm contract and get hard.

Family activity

With my family, count the joints we can bend, and test which ones rotate and which bend one way.

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Lesson 2

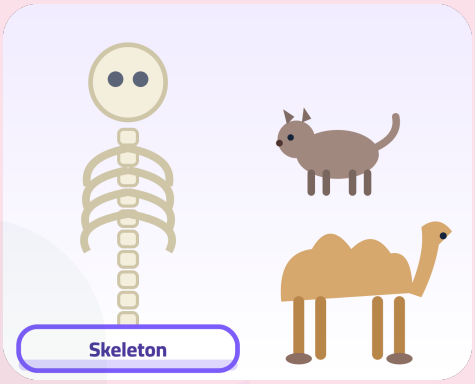
The Skeleton and Animal Bodies (Chapter 1)

Book: p. 12-19

Contents

Today's goal

Identify the parts of the skeleton and their jobs, and compare human and animal bodies.



Lesson ideas

1. The **skeleton** is the structure of connected bones that gives the whole body its shape; it has **about 206 bones**.
2. Bones **support the body** and **protect important organs**; bones cannot contract by themselves.
3. The **skull** protects the brain like a helmet, and the **ribs** protect the heart and lungs in a cage-like shape.
4. The **backbone** is the pillar of the body; it is made of many small connected bones, so the body can bend.

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Lesson ideas (continued)

5. Animals like dogs, cats and horses also have a backbone and joints, and they move by **muscles contracting and pulling bones**, just like humans.
6. The length and shape of bones differ depending on **how the animal lives** (running, jumping or flying).
7. Enrichment: a camel's **hump is fat**, not water.

Lesson 2

The Skeleton and Animal Bodies (Chapter 1)

Book: p. 12-19

New words

Skeleton All the bones that form the shape of the body.

Skull The bones of the head that protect the brain.

Ribs Bones that form a cage around the heart and lungs.

Backbone Many small connected bones that support the body.

Remember

About 206 bones ▪ Skull protects the brain ▪ Ribs protect the heart and lungs ▪ Backbone is a flexible pillar.

In my life

I sit up straight while studying to take care of my backbone.

Family activity

With my family, touch the head, chest and back, and find the skull, ribs and backbone.

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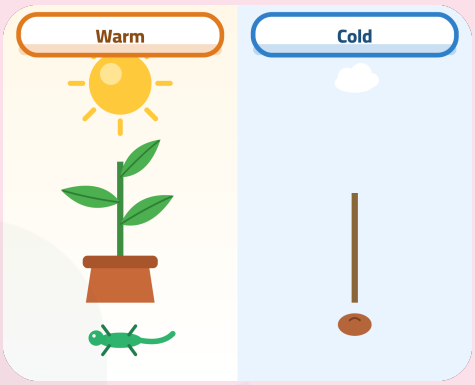
Lesson 3

Plants over a Year (Chapter 2)

Book: p. 20-21

Today's goal

Explain how plants change with the temperature during the year.



Lesson ideas

1. Plants grow and change their appearance depending on the **seasonal temperature**.
2. **Summer (high temperature):** seeds sprout, stems grow tall, leaves spread wide and flowers bloom.
3. **Winter (low temperature):** many plants wither, but they produce **seeds for the next generation**.
4. The order of a plant's yearly cycle: **seeds sprout, flowers bloom, fruit grows**, then new seeds form.
5. Example: the **luffa** withers in winter, but its brown fruit is full of seeds that sprout next year.

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Lesson 3

Plants over a Year (Chapter 2)

Book: p. 20-21

New words

Yearly cycle How a plant changes from seed to seed during a year.

Wither When a plant dries up and becomes weak.

Temperature How hot or cold it is.

Next generation The new plants that grow from seeds.

Remember

High temperature: growth and flowers ▪ Low temperature: withering and seeds for the next generation.

In my life

I notice that the trees in my street bloom when the weather gets warm.

Family activity

With my family, watch one plant every month and record how it changes with the seasons.

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