

# KS1 Science



**Meadow Park**  
Patience, Guidance and Determination

## Week 1

### Week commencing-

#### Teacher instructions

You will find a series of two science lessons. Every lesson includes a short video showing you clearly and simply how to help your child to complete the activity successfully. Simply write the questions and answers in a book or on pieces of paper.

- 1- Click on the video.
- 2- Watch the video with your child.
- 3- Complete the activity.
- 4- Take the quiz.

#### Lesson 1

##### WEBSITE/LINK

<https://teachers.thenational.academy/lessons/what-are-the-different-parts-of-the-human-body-70uk6d>

##### TOPIC/THEME

What are the different parts of the human body?

#### Lesson 2

##### WEBSITE/LINK

<https://teachers.thenational.academy/lessons/why-is-exercise-so-important-70w38d>

##### TOPIC/THEME

Why is exercise so important?

## Week 2

### Week commencing-

#### Teacher instructions

You will find a series of two science lessons. Every lesson includes a short video showing you clearly and simply how to help your child to complete the activity successfully. Simply write the questions and answers in a book or on pieces of paper.

- 1- Click on the video.
- 2- Watch the video with your child.
- 3- Complete the activity.
- 4- Take the quiz.

#### Lesson 1

##### WEBSITE/LINK

<https://teachers.thenational.academy/lessons/what-is-a-healthy-diet-c9k38t>

##### TOPIC/THEME

What is a healthy diet?

#### Lesson 2

##### WEBSITE/LINK

<https://teachers.thenational.academy/lessons/how-do-our-bodies-change-as-we-get-older-6nhk2d>

##### TOPIC/THEME

How do our bodies change as we get older?