

## EUROPEAN CHAMPIONSHIPS 2018: LEARNING & TEACHING SUGGESTIONS

<b>Curriculum area</b>	<b>Sciences (1)</b>
<b>Curriculum focus</b>	<p>Biological Systems – Body Systems and Cells.</p> <p>What organs in our body work hard during sport? How does our diet affect our performance during sporting activity? What happens to our pulse rate during exercise? Why does this happen?</p>
<b>Why don't you....?</b>	<ul style="list-style-type: none"> <li>• <b>Create a model</b> of the human body, labelling all of the major organs.</li> <li>• <b>Record a video clip</b> that takes the viewer on a journey through the human body, explaining the purpose of the major organs and how they work together as organ systems to allow our body to engage in a sporting activity.</li> <li>• <b>Research</b> the muscles of the human body – which are the largest and smallest? How do the muscles work to aid movement? You could think about which muscles are most likely to be used during a specific sport</li> <li>• <b>Create a display</b> of the different food groups that should be eaten as part of a balanced diet for an athlete.</li> <li>• <b>Investigate the effect of exercise on pulse rate</b> – think about how you could modify the intensity of the exercise in some way. Report your findings.</li> </ul>
<b>Web links</b>	<ul style="list-style-type: none"> <li>• <a href="#">The human body</a></li> <li>• <a href="#">Muscles of the body</a></li> <li>• <a href="#">Pulse rate</a></li> <li>• <a href="#">Food groups – Eatwell Guide</a></li> </ul> <p>NB: Education Scotland is not responsible for the content of external websites and citation of a website does not imply endorsement by Education Scotland nor reflect the views of Education Scotland.</p>

**Now tell us.....**

Use the hashtag #EdScotEuroChamps and let us know what you've been doing using #WeAreES and let us know:

- Did you try any of these ideas out with pupils?
- If so, what went well?
- What other European Championship-linked activities did you engage in today?