

Learning Journey 2024- 2025 Science



**Southend YMCA
Community School**
building a future

Year 10

Autumn 1

Bones

What makes up the bones

How Bones grow and develop

Classification of bones

Functions of the skeleton

Autumn 1

Skeleton

Identify bones in the body

Vertebral column

How diet and exercise effects the body

Shape and size difference in skeletons

Autumn 2

Muscles

Muscle types

Muscle function

Identifying muscle

Antagonistic pairs

Strength types

Posture and body shape

Spring 1

Circulatory System

Circulatory system and function

Blood and vessels

Structure of the heart

Blood flow

Pumping action of the heart

Pulse

Spring 2

Respiratory System

Anatomy of respiratory system

Mechanics of breathing

Lung capacity and measurements

Effects of exercise

Aerobic/Anaerobic cellular respiration

Summer 1

Disease and Infections

Communicable/ non communicable

Types of diseases

Vaccinations

Transport

Immune System

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Summer 2

Healthy Bodies

Balanced Diet

Nutrition

How the body gets its energy

Foods

Exercise/Hydration