



Unit	Week No.	Content/ Grammar	Reading/ Phonics	Projects / Graded Assignments	Exam Content	Government Objectives		
1: Human Development and Internal Organ System.	1	1.1 Development of the Human Body. Page 8	development, stage, age, growth, graph, physical, infancy, pre, teenage, youth, middle age, old age.	Explain the various parts of the human development curve. (10 points)  Arrange pictures of humans in logical order of physical development. (10 points)	Human development stages	Strand 1: Living and Family Standard Sc1.1:  1. Explain human growth from birth to adulthood.		
		1.1 Human Development Graph. Page 8						
		1.2 Human Physical Development at Different Ages. Page 11						
		Learning Activity 1.1: Development of the Human Body. Page 15						
	2	1.2 Function of Human Body Systems. Page 17	function, digestion, ingestion, parts of the digestive system	Describe what digestion is and give the different types.(10 points)	Parts of the digestive system and their functions.	2. Explain interrelated functioning of digestive, respiratory and circulatory systems of human beings		
		1.3 Food Digestion by Chewing. Page 17						
		1.2.2 The Respiratory System. Page 22	respiration, breathing, lungs and other parts of the respiratory system	Naming the major parts of the respiratory system.(10 points)  Determining the breathing rate with and without exercise. (10 points)	Respiratory system and its function.			
	3	1.4 Respiration and Exercise. Page 24						
		1.2.3 The Blood Circulation System. Page 26		blood, circulation, heart, organs and other parts of the circulatory system.	Naming the main organs in the circulatory system and describing how it all works. (10 points)		How the circulatory system works.	
		1.5 Blood Circulation Inside the Boby. Page 26						
	1.6 Heart-Rate Measurement. Page 30							
	4	1.2.4 The Excretory System. Page 32	excrete, waste, disposal, skin, and parts of the excretory system.	Decribing the various waste disposal methods used by the human body. (10 points)	How the body passes out waste.			
		1.7 Relationship Between the Organ Systems. Page 34	relationship, organs, systems, function and all parts of the body systems covered before.	Explaining the relationship(s) between human body organs and systems using a picture or diagram. (10 points)	Relationships of systems in the human body.			
		Learning Activity 1.2: Functions of Human-Body Systems. Page 36						
		End of Unit Test. Page 38						



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2. Food and Nutrients.	5	2.1 Food and Nutrient. Page 42	food groups, nutrients, sources, fruit, vegetables, protein, carbohydrates, minerals, vitamins, lipids and fats,	Completing a table of nutrients with their associated functions to the human body. (10 points)	Types of nutrients found in food.	3. Analyse nutrients and discuss body requirements for nutrients in proportions suitable to gender and age.
		2.1.1 Types of Nutrient Found in Food. Page 42				
		2.1 Foods That I Have in Each Meal. Page 43				
	6	2.1.2 Benefits of Nutrients	gender, appropriate, proptrtion, beverage, amount, energy, Kcal	Determining the energy consumed in a day by completing a table. (10 points)	Foods and their energy levels	
		2.1.3 Food and Nutrition Needs According to Gender and Age. Page 49				
		2.2 Food that I Have Each Day. Page 50				
		Learning Activity 2.1: Food , Nutrient, and Energy. Page 56				
3:Life and Environment	7	3.1 The Relationship Between Living Things and Environment. Page 64	environment, natural resource, soil, water, air, forest, evergreen forest, deciduous forest, wildlife, conservation, deforestation, reforestation, mineral, metallic minerals, non-metallic mineral, mining, and conservation of mineral.	Carryout a survey on living things in the school and record them by name, habitat, numbers, etc. (10 points)  Study the food web diagram to determine who eats whoin a table. (10 points)  Identify the various relationships between living things in an ecosystem picture. (10 points)  Outline the things animals need to stay alive. (10 points)	Living things in the local area.  Who eats who in an ecosystem?  Relationships between living things.  Needs of animals.	Strand 2: Life and the Environment Standard Sc2.1:  4. Explore and discuss relationship of groups of living things in various habitats.  5. Explore relationship of living things in terms of food chain and food web.  6. Search for data and explain relationships between the lives of living things and the environment.
	8	3.1 Survey the Living Things and Environment in Our School. Page 64				
		3.1.2 Food chain and food web				
		3.2 Who Eats Who? Page 69				
	9	3.1.3 Relationships between living things in an ecosystem. Page 75				
		3.3 Things Essential to the life of an Animal. Page 77				
		Learning Activity 3.1: Relationships between Living things and Their environments page 81				



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Review for Midterm	10	REVIEW FOR MIDTERM TEST	Unit 1, Unit 2 and Unit 3 vocabulary.	Units 1, 2 and 3 end of unit tests.	Units 1, 2 and 3	Strand 1: Living and Family Standard Sc1.1:  Strand 2: Life and the Environment Standard Sc2.1:
		Unit 1: Human Development and Internal Organ System.				
		Unit 2. Food and Nutrients.				
		Unit 3:Life and Environment				
Midterm	11	MIDTERM TEST (20 POINTS)				
6. Conservation of Natural Resources	12	3.2 Local Natural Resources. Page 84	Environment, natural resource, soil, water, air, forest, evergreen forest, deciduous forest, wildlife, conservation, deforestation, reforestation, mineral, metallic minerals, non-metallic mineral, mining, and conservation of mineral.	survey on the natural resources in our city for objective scores(10)	Definitions.  Local natural resource.  Conservation of natural resources.	Strand 2: Life and the Environment 7. Search for data and discuss sources of natural resources in each local area beneficial to living. 8. Analyze effects of population increase on use of natural resources. 9. Discuss effects on living things from environmental change both due to nature and due to human beings. 10. Discuss guidelines for taking care of and preserving natural resources / environment. 11. Participate in providing care and preservation of natural resources
		3.2.1 Preservation of our Soil Resource. Page 84		Group debate on deforestation for objective scores (10)		
		3.4 How to Prevent Soil Erosion. Page 85		Spelling quiz for objective scores(10).		
		3.2.2 Water resources and their Ptreservation. Page 89		Mind-map on local natural resources for objective scores(10).		
	13	3.5 Poster and Slogan for Forest Conseration. Page 91		Group discusion on conservation of natural resources for objective scores (10)		
		3.6 What are the Benefits of Mineral Resources to the Population?		End of unit quiz for objective scores(10)		
		Learning activity 3.2: Local natural Natural Resources				
		End of Unit Test. Page 101				



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4.Substances in Everyday Life	14	<b>4.1 Substances Around Us. Page 106</b>	Matter, substance, state, solid, liquid, gas	survey on substances around us for objective scores(10)	States of matter.	Strand 3: Substances and Properties of Substances Standard Sc3.1: Strand 3: Substances and Properties of Substances Standard Sc3.2 : 12. Experiment and explain properties of solids, liquids and gases
		4.1 Characteristics of Substances in Everyday Life. Page 107				
		<b>Substance Classification by Physical Property. Page 109</b>				
		Learning Activity 4.1: Substances Around Us. Page 114				
	15	4.2 Substance Change. Page 115	melting, freezing, vaporisation, evaporation, condensation, sublimation	Chart on Change of state of substances. (10 points)  Grouping substances according to their states. (10 points)	Change of state.	13. Categorise substances into groups by using their state or other student-prescribed criteria prescribed. 17. Experiment and explain properties of substances when they dissolve and change their state 18. Analyse and explain the changes resulting in transition of substances to new substances with different properties.
		4.2 Changing the State of a Substance. Page 116				
		4.3 Solubility of a Substance. Page 119				
		4.4 Inflatable Balloons. Page 122				
	16	<b>Learning activity 4.2: Substance Changes. Page 125</b>	classification, grouping, substance, additive, cleansing, eliminating, insects, pests.	Mind-map on substances in daily life for objective scores(10).	Substances around us.	15. Explore and categorise various substances used in daily life by using their properties and utilization for useful purposes as criteria.
		<b>4.3 The Classification of Substances. Page 127</b>				
		<b>4.3.1 Common Substances Around Us. Page 129</b>				
		4.6 Choosing Substances for Use in Daily Life. Page 133				
	17	<b>Learning Activity 4.3: Separation of substances page 113</b>				



Unit	Week No.	Content/ Grammar	Reading/ Phonics	Projects / Graded Assignments	Exam Content	Government Objectives
4.Substances in Everyday Life	17 cont.	4.4 Substance Separation. Page 137	filtration, and sedimentation	Separation of substances. (10 points)  Spelling quiz. (10 points).	Separation of substances	14. Experiment and explain separation of materials through sifting, precipitation, filtering, sublimation and evaporation.
		4.7 Substance Separation by Sieving. Page 137				
		4.8 Filtration and Evaporation. Page 139				
		4.9 Separation of Chalk Powder from Camphor. Page 144				
		Learning activity 4.4: Substance Separation. Page 147				
	18	4.5 Effects of Substances on Life and the Environment. Page 148	pollution, damage, safe	Group discussion on effects of substances on life and environment. (10 points)  End of unit quiz. (10 points)	Effects of substances	16. Discuss selection of correct and safe application of each kind of substance.  19. Explain substance changes affecting living things and the environment.
		4.10 Effects of Substance Changes. Page 148				
		Learning Activity 4.5: Effects of Substances on Life and The Environment. Page 151				
		End of Unit Test. Page 152				
Review for Final Exam	19	REVIEW FOR FINAL EXAM	Unit 6 and Unit 4 vocabulary.	Unit 6 and Unit 4 end of unit tests review.	Units 6 and 4	Strand 2: Life and the Environment Standard Sc2.2:  Strand 3: Substances and Properties of Substances Standard Sc3.2 :
		Unit 6. Conservation of Natural Resources  Unit 4.Substances in Everyday Life				
Final Exam	20	FINAL EXAM (30 POINTS)				