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| Topic | Lesson | Core tasks | Optional tasks |
| Food and digestion | 1 – Nutrients and balanced diets | Food diary |  |
| 2 – Food tests |  |  |
| 3 – Food tests | Bring in equipment for making poo. |  |
| 4 – Digestion |  |  |
| 5 – Absorption of nutrients | Revise for mini test |  |
| 6 – Test |  |  |
| Respiration | 7 – Respiration | Activity log – measuring heart rate |  |
| 8 – The lungs and gas exchange |  |  |
| 9 – The heart and circulation |  |  |
| 10 – Muscles and movement |  |  |
| Drugs | 11 – legal and illegal drugs |  |  |
| Microbes, antibiotics and vaccinations | 12 – Bacteria and viruses |  |  |
| 13 – Spreading disease |  |  |
| 14 – Antibiotics and antibiotic resistance |  |  |
| 15 – Immune system |  |  |
| 16 – Vaccination | Revise for end of term test |  |
| 17 – Test |  |  |