

Lesson plan - for class V. (Science) - Submitted

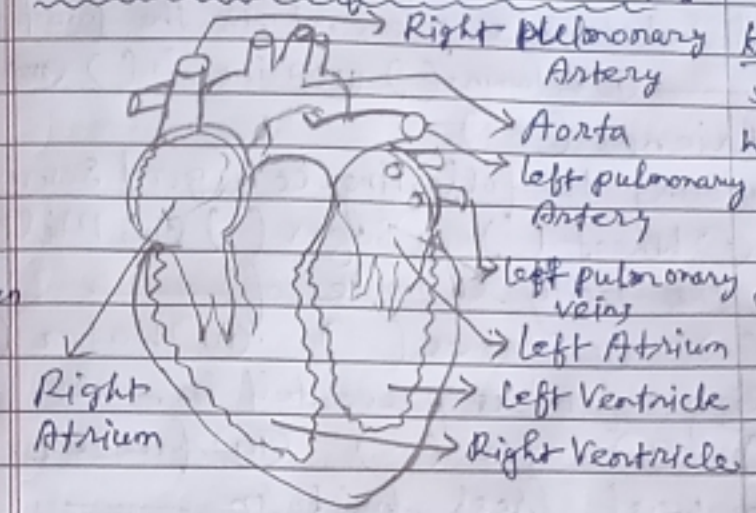
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Dates	Lesson	Objectives	Teaching points / Explanations	Chalk-board work	Class/ Home work	Remarks	
	<u>Lesson - 12</u> <u>Circulatory System</u>	After this lesson students will get knowledge about the following: ⇒ The Circulatory System ⇒ Organs of the Circulatory System ⇒ Functions of Heart ⇒ Structure of heart ⇒ Functions of blood and blood vessels ⇒ Process of Circulation. ⇒ Ways to keep heart healthy etc.	Lesson we will learn a vital organ system Circulatory system, that helps in transporting substances such as nutrients, oxygen inside our body and also removes waste products from the body, taking the help of blood. <u>Organs of this system</u> :- This system comprises the heart, the blood and blood vessels including arteries, veins and Capillaries. <u>Heart</u> :- It is the key organ in this system. It pumps blood to all parts of the body. It is protected by the ribcage. <u>Structure of the heart</u> :- It has four chambers - two upper chambers called auricles and two lower chambers called ventricles. <u>Functions of the heart</u> :- Main function of the heart is to pump blood containing oxygen and nutrients to all cells. It also receive impure blood from all parts to the lungs for purification.	In this about called system different water, and products help of this heart, vessels and (B) Fill in the blanks :- 1) The size of the heart is about the size of our fist. 2) Arteries have thick elastic walls. 3) Capillaries connect the arteries to the veins. 4) We should avoid junk and fried food. (B) Match the following (straight) 1) Artery - Carries oxygen rich blood 2) Atricle - Upper chamber of heart 3) Vein - Carries impure blood. 4) Capillaries - thinnest blood vessel 5) Ventricle - lower chamber of heart. (F) Answer the following :- 1) What is the function of the circulatory system? Name the organs. Ans:- Main functions of the blood:- 1) Pump blood containing oxygen and nutrients to all cells. 2) Receive impure blood from all the parts and pump it to the lungs. (C) This system consists of the heart, the blood and blood vessels including arteries, veins and Capillaries.	(B) Fill in the blanks :- 1) The size of the heart is about the size of our fist. 2) Arteries have thick elastic walls. 3) Capillaries connect the arteries to the veins. 4) We should avoid junk and fried food. (B) Match the following (straight) 1) Artery - Carries oxygen rich blood 2) Atricle - Upper chamber of heart 3) Vein - Carries impure blood. 4) Capillaries - thinnest blood vessel 5) Ventricle - lower chamber of heart. (F) Answer the following :- 1) What is the function of the circulatory system? Name the organs. Ans:- Main functions of the blood:- 1) Pump blood containing oxygen and nutrients to all cells. 2) Receive impure blood from all the parts and pump it to the lungs. (C) This system consists of the heart, the blood and blood vessels including arteries, veins and Capillaries.	Class-work :- Students will draw diagrams and write objectives answer in the book by pencil Home work :- Students will read the book well and write objectives in the copy. Class-work :- Students will write questions answer in the copy.	

Dates	Lesson	Objective	Teaching points / Explanations
	-Do-		<p><u>Blood</u> :- Blood is a red fluid which flows inside the vessels. It is red due to a pigment called hemoglobin. It has three types of cells - RBC and Platelets.</p> <p><u>Functions of Blood</u> :- It transports oxygen and Carbon dioxide. W.B. cells help to fight against germs. Platelets help in the clotting of blood. It carries nutrients and maintain temperature of the body.</p> <p><u>Arteries</u> :- It carries rich pure blood to different parts of the body from heart.</p> <p><u>Veins</u> :- It carries impure blood from different parts of the body back to the heart.</p> <p><u>Ways to keep heart healthy</u> :-</p> <ul style="list-style-type: none"> ⇒ Do activities like yoga, jogging, ⇒ We should walk or ride bicycle ⇒ Do exercise for 30 minutes ⇒ Eat healthy balanced diet ⇒ We should avoid junk and fried food. ⇒ stay happy and relaxed and avoid any type of tension. ⇒ stay away from polluted surrounding.

Chalk-board work

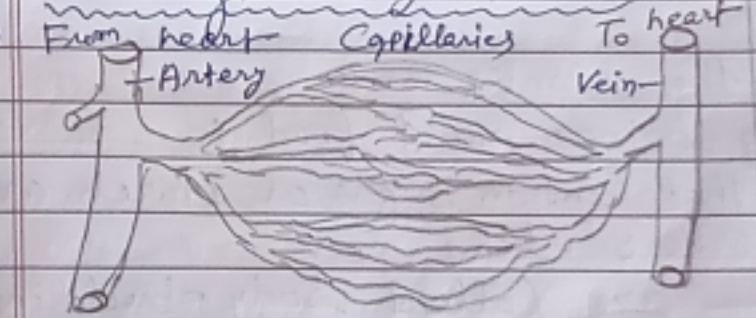
Structure of human heart :-



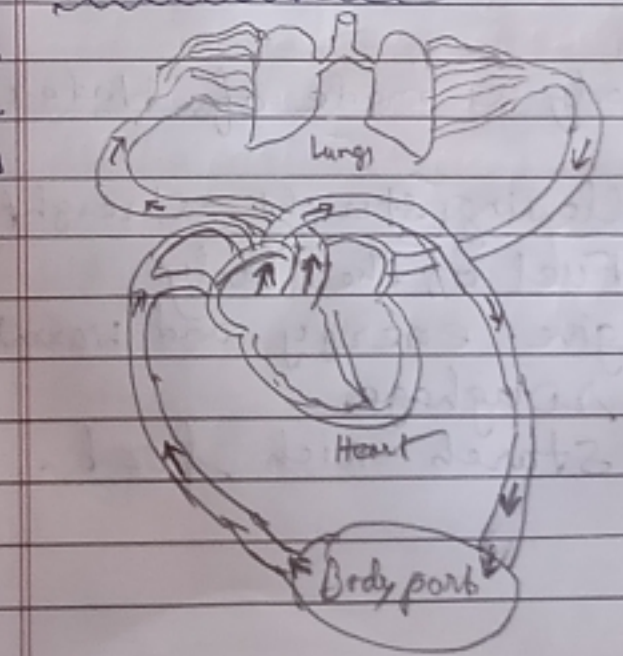
Class / Home work

Home work :-
Students will write down all objective answers in the copy

Showing artery and vein :-



Circulation of blood :-



H/W -> students will learn all the questions and answers.

Class - V (A, B)

Sus - G.K.

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Syllabus:

Lesson - ① Life in Nature

- ① We are family
- ② Tell us Apart
- ③ Animal Kingdom
- ④ Insects
- ⑤ Herbal Remedies
- ⑥ Plant Families.

Answers

G.K. (I)

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DATE: / /

① We are Family :- Page ①

Cats - Leopard, Tiger, Cheetah
Monkeys - Langur, baboon, marmoset
Snakes - Viper, Python, anaconda
Dogs - Chihuahua, Poodle, Doberman Pinscher
Bears - Polar bear, sloth bear, panda
Parrots - Cockatoo, macaw, budgerigar
Waterfowls - duck, pelican, swan
Songbirds - nightingale, skylark, cuckoo

② Tell us Apart :- Page - ②

Crocodile and alligator :- Both belongs to the order Crocodylia.

Differences -

Crocodile

① Longer heads, shaped like 'V'

② Teeth jutting out when closed mouth

alligator

① Shorter heads, shaped like 'U'

② Teeth get hidden when it closed its mouth

③ Moths and butterfly - Both belong to the order Lepidoptera.

Differences -

Moths

① Moths antennae, will be feathery, and short

② Wings fold up vertically ~~over its back~~ over the abdomen

butterfly

① Butterfly's antennae will be club-shaped and long.

② Wings fold up vertically over its back.

Turtles and Tortoise:

Both belong to the order Testudines.

Differences:

Turtle

- (i) lives mostly in water.
- (ii) have webbed feet
- (iii) have light weight shell.

Tortoise

- (i) lives mostly on land
- (ii) have stumpy feet
- (iii) has heavier clove-like shell.

Rabbit and hares:

Both belong to the order Lagomorpha.

Differences:

Rabbit

- (i) Slow and small.
- (ii) Small hind legs and small feet

hares

- (i) Larger and faster
- (ii) Longer, stronger hind legs and bigger feet.

③ Animal Kingdom :- Page - ③

Some animals are categorised under specific names based on their body structure, food habits and other characteristics.

- ① Animals that suckle their young ones - Mammals
- ② Animals that carry their young ones in their pouch - Marsupials
- ③ Cold-blooded animals that live both on land and in water - Amphibians
- ④ Meat-eating animals - Carnivores
- ⑤ Animals with strong cutting teeth that help them gnaw their food - Rodents
- ⑥ Herbivores that eat grass - Grazers
- ⑦ Animals that are active at night - Nocturnal animals
- ⑧ Animals without backbone - Invertebrates

~~⑨~~



⑤ Herbal Remedies - It is very popular ways of treating diseases. Such treatments are called herbalism.

- 1) An aromatic herb used to treat stomach-ache and flavour drinks and beverages.
 ⇒ Mint.
- 2) An important herb used for improving blood flow and treating cuts and burns - Turmeric.
- 3) A wonderful herb that helps in treating high cholesterol and guards against severe Cough and Cold.
 ⇒ Basil.
- 4) A popular herb used for treating wounds, skin conditioning and fighting infection.
 ⇒ aloe vera.
- 5) A bitter-flavoured herb that is an effective digestive aid - fenugreek.
- 6) A herb used as a base for toothpaste, it helps in the treatment of malaria and fever.
 ⇒ Neem.

Additional fact :-

Ginseng :- Its powdered roots help to relieve tiredness, headache and kidney diseases.

Garlic :- It helps in lowering blood pressure and also cures skin infections.

⑥ Plant families :- Page - ⑥

All plants have certain features which make them unique in their own ways.

① Trees that shed their leaves at a specific season during the year → Deciduous

② The part of a plant that holds it straight and draws nourishment from the soil → Roots

③ Tall evergreen trees that grow in cold and mountainous regions → Conifers

④ Plants that feed on small insects →
→ Insectivorous plants

⑤ Plants that feed on other plants → Parasitic plants

⑥ The green pigment present in leaves that traps sunlight → Chlorophyll

⑦ The process by which plants make their own food → Photosynthesis