Foxford Learning Plan

Year 7

Autumn 1

Cells, Organisation and Movement

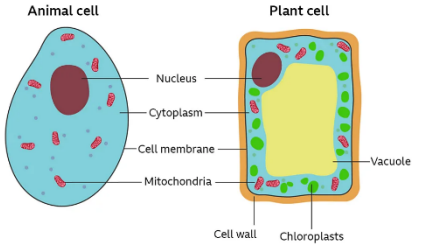
Key Vocabulary

Cells	Building blocks that make up all living organisms
Tissues	A group of similar cells working together to perform a function
Organs	A group of tissues working together to perform a function
Organ system	A group of organs working together to perform a function
Unicellular	A type of living organism made up of only one cell
Multicellular	A living organism made up of multiple different cells
Diffusion	The movement of a substance from an area of high concentration to an area of low concentration
Antagonistic muscles	A muscle pair that works together to move a joint by contracting and relaxing in opposition
Joint	A place where two or more bones meet
Ligament	A type of tough, elastic connective tissue that connects bone to bone
Tendon	A strong, cord like and inelastic connective tissue that attaches muscle to bone

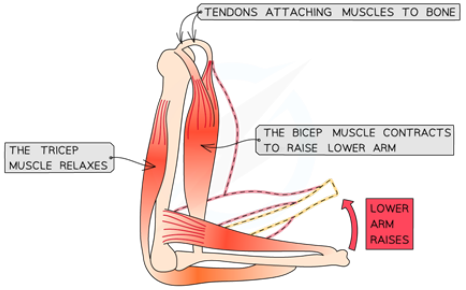
Over this course I will be able to

Key Skills

- Use a microscope to observe cells and produce accurate labelled biological drawings.
- Compare specialised cells and explain how their structures help them carry out their functions.
- Use evidence to explain how diffusion moves substances into and out of cells.
- Explain how cells, tissues, organs and organ systems work together in living organisms.
- Investigate how muscles, bones and joints work together to produce movement.







I will understand

- How organisms are organised in terms of cells, tissues, organs and organ systems
- How to use a microscope correctly to explore cells
- How cells are adapted for their specific functions and why this is important in multicellular organisms
- How diffusion is used in different organ systems
- How the muscular and skeletal system works together to move the body