

Rosa's Health Check: El Cuerpo Humano

Learning objective: To identify and describe body parts in Spanish, building on Year 5 language acquisition.

Read the text carefully. Use the word bank to help you understand the Spanish terms. Answer the questions in full sentences, using English unless otherwise specified.

Rosa, the bilingual parrot, loves helping her friends stay fit. Today, she is leading a movement session in the forest. 'Hola, amigos!' she squawks cheerfully. 'To be healthy, we must understand how our bodies work.' She points her wing to her head. 'Esta es mi cabeza,' she chirps, before tapping her nose, 'y esta es mi nariz.' Max the monkey jumps up, eager to show off his agility. He stretches his arms (los brazos) high toward the canopy and wiggles his fingers. Rosa reminds the group that exercise keeps our hearts strong. She asks everyone to touch their shoulders (los hombros) and then reach down to their feet (los pies). 'It is vital to look after our bodies,' Rosa explains, 'because a healthy body helps us learn, play, and explore.' The animals finish by touching their knees (las rodillas) and laughing together. Rosa reminds them that whether you have two legs or four, moving every day is the best way to feel happy and energised. By learning these names, the animals feel more connected to their physical well-being.

Word bank: la cabeza - head · los hombros - shoulders · las rodillas - knees · los pies - feet · los ojos - eyes · la nariz - nose · la boca - mouth · el brazo - arm · fuerte - strong · saludable - healthy

1. Which three specific body parts does Rosa touch or name during her movement session besides her head and nose? (2 marks)

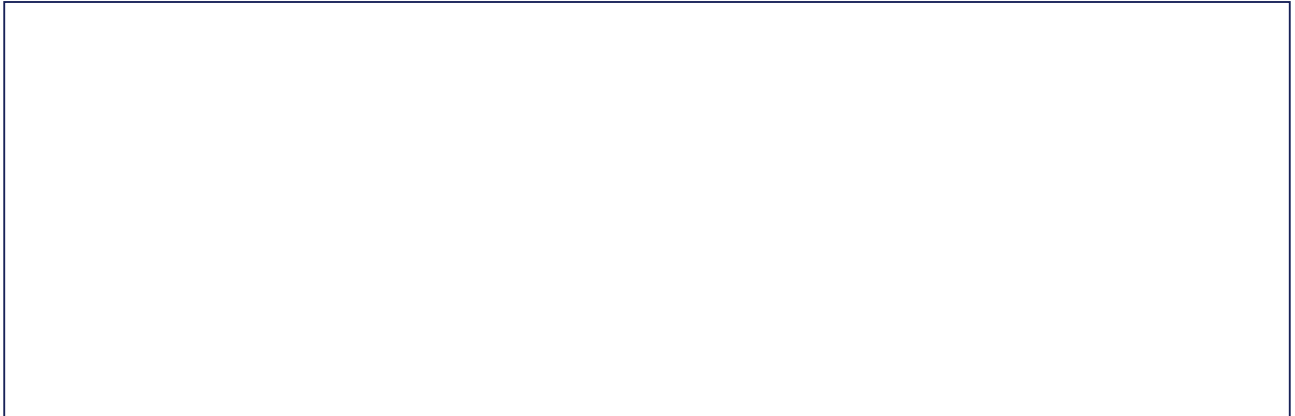
2. According to the text, why does Rosa believe it is important for the animals to look after their bodies? (2 marks)

3. Why might Rosa have chosen to include Max the monkey in her lesson about exercise? (3 marks)

4. Explain why learning the Spanish names for body parts might be useful for someone travelling to a Spanish-speaking country. (3 marks)

5. Do you agree with Rosa that physical movement is the most important part of staying healthy? Justify your answer using examples. (4 marks)

Draw: Draw a picture of Rosa the parrot teaching a class of animals. Label at least four body parts in Spanish (e.g., pointing an arrow to the animal's 'pie' and writing 'el pie').



Extension challenge: Research and write a short paragraph explaining the importance of a balanced diet alongside exercise. How do nutrients help our 'brazos' and 'rodillas' stay strong? Compare your findings with the role of physical movement mentioned in the text.