

Animals including humans.

What I should already know

- **FS-** Know the importance for good health.
- **Year 1-** Identifying and labelling parts of the human body and the associated senses. Naming a variety of common animals.

Investigate!

- Match animals to their offspring
- Compare and contrast offspring to their parents.
- Compare the heights/hand spans of people at different stages of their lives.
- Write an instruction text about how to look after pets.
- Research animal charities, such as the RSPCA, and how they keep animals safe.
- Record a food diary and evaluate your diet.
- Participate in a series of exercises and investigate how each exercise: makes your body feel affects your breathing uses each of your muscles

Key Vocabulary

Human	All people who are born.
Human timeline	The different stages of a human's life in age order.
Basic needs	What you need to stay alive.
Balanced diet	Eating a wide variety of foods from each food group to give you all the goodness you need to be healthy.
Carbohydrates	Foods which provide your body with energy.
Vitamins and minerals	Nutrients which our body needs to function healthily.
Protein	Builds our muscles.
Calcium	Needed to keep our bones and teeth strong.
Personal hygiene	Things which you do to keep yourself clean and healthy.
Immune system	Helps protect us against diseases.

Key knowledge

- Animals, including humans, have offspring which grow into adults.
- The human timeline is a baby, toddler, child, teenager, adult, elderly.
- Children are very much, but not exactly, like their parents.
- Babies – humans and animals need to be fed and cared for by their parents.
- The **basic needs** of animals, including humans, for survival are water, food and air.
- It is important to exercise, in order to stay healthy.
- Physical activity creates changes in your body – you get warm, sweat and your heart rate increases.
- You need to wash your body after exercising to keep you fresh and clean.
- It is important to brush your teeth twice a day.
- You need to wash your hands after going to the toilet, to get rid of the germs.
- It is important that you have a **balanced diet** and eat the right amounts of different types of food.
- There are 5 food groups and each has a different function in the body.
- Fruit and vegetables give us **vitamins and minerals** to help build our immune system – eat 5 portions a day.
- **Carbohydrates** give us energy and fibre.
- **Protein** is important for growth and repair in the body.
- Dairy products give us **calcium** for healthy bones and teeth.
- Fats and sugars provide us with energy, but too much of these is unhealthy.
- Exercise strengthens your bones and muscles, including your heart.

Key questions

How are you different to a toddler?

How do animals' (including humans) needs change as they grow?

Can we eat food from only one group – why/why not?

Why is exercise important for keeping healthy?

