

In science we are learning about...

The human body and its basic needs to survive

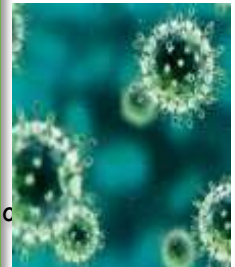
Key vocabulary

- Exercise-A physical activity to keep your body fit.
- Hygiene-keep ourselves and the world around us clean so we can stay healthy.
- Survive-To continue to live or exist especially in spite of danger or hardship.
- Diet-The food and water that animals need.
- Disease- Illness or sickness.
- Germs-Tiny living things that can cause disease.
- Nutrition- Eat the right types of the food necessary for health and growth.
- Pulse- The beating of the heart that can be felt in your neck and wrist.



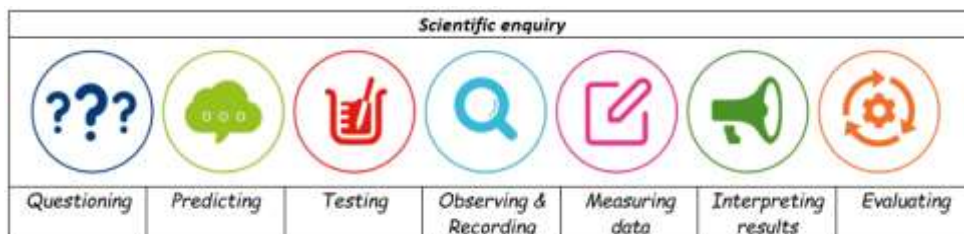
Sticky knowledge

- To stay alive, all animals have three basic needs for survival: air, water and food.
- I can describe the importance for humans, of exercise and eating the right amounts of different types of food.
- It is important to keep ourselves and the world around us clean so we can stay healthy and stop germs spreading.
- I know that taste, touch, smell and hearing and sight are our 5 senses.
- The tongue is an organ, or body part, in the mouth. It is made up of a group of muscles.



Links to previous learning

- To Know that our overall health and wellbeing relies on regular physical activity, healthy eating and tooth brushing.
- To Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.



Aspirations

- Athlete
- Dietitian
- Physiotherapist



Our characteristics

- Curiosity
- Questioning
- Self-Belief

