



Key knowledge:

Growth	
Examples of growth: Egg > Chick > Chicken Egg > Caterpillar > Pupa > Butterfly Spawn > Tadpole > Frog Baby > Toddler > Child > Teenager > Adult	
Survival	
Animals and humans need to following in order to survive:	<ul style="list-style-type: none"> • Water • Food • Air • Shelter
Humans need the following to be healthy:	<ul style="list-style-type: none"> • A balanced diet (see diagram) • Regular exercise • To be hygienic • 6-8 cups of fluids each day
Why exercise?	<p>Adults should be active for around 150 minutes each week.</p> <p>Children (age 5-16) should be active for around 1 hour each day.</p> <p>Children (under 5) should be active for around 3 hours each day.</p>
What is good hygiene?	<p>Washing your hands after using the toilet.</p> <p>Washing your private parts daily.</p> <p>Washing your face daily.</p> <p>Having a bath or shower at least twice a week.</p> <p>Brushing your teeth twice a day.</p>

Possible experiences:

Observing the life cycle of a butterfly (watching a pupa hatch into a butterfly).

Investigating the effect exercise has on the body.

Trying new foods.

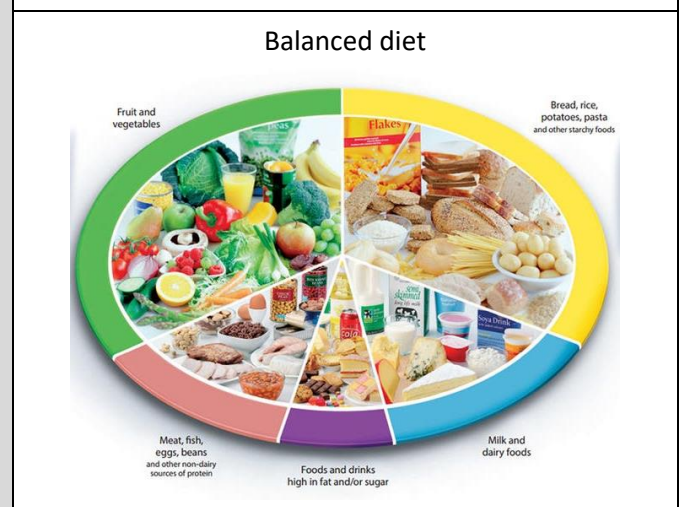
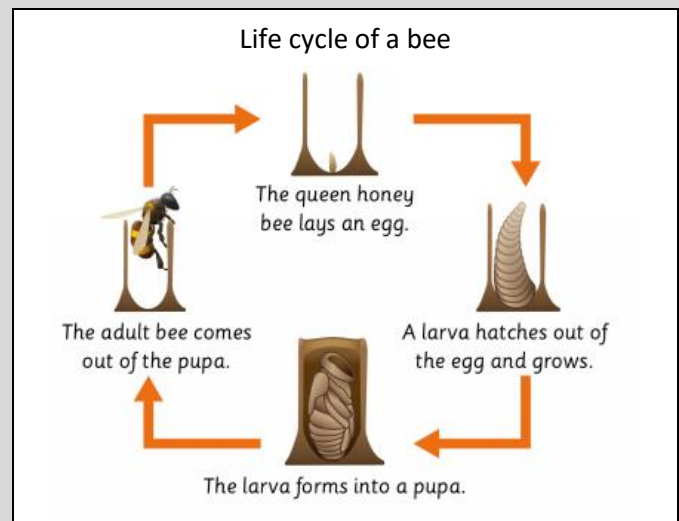
Making healthy foods.

Having tadpoles in the classroom and observing their growth into frogs.

Key vocabulary:

Offspring	A person or animal's child
Growth	The process of becoming older and getting bigger as time passes
Baby	A very young child
Toddler	A young child that is beginning to walk
Child	A young person below the age of 13
Teenager	A person between the age of 13 and 19
Adult	A grown up
Invertebrates	Animals with no back bone
Vertebrates	Animals with a back bone

Diagrams:



Key concepts:

Noticing	Identifying
Describing	Observing