

## Science

## Animals, including humans

## Year 2

## Summer 1

### Key Knowledge

#### Growth

**Life cycle** Life cycle is the series of changes that an animal or plant goes through from the beginning of its life until its death. Animals, including humans, have offspring which grow into adults.

**Growth** All young animals change as they go through the different stages of their life cycle and grow into adults.

**Basic needs** All animals need water, air and food to survive.

#### Human Survival

**Balanced diet** To grow into a healthy adult, we must eat the right types of food (including fruit and vegetables, carbohydrates, proteins and dairy) and the right amount of exercise. We should drink 6-8 glasses of fluid each day.

**Exercise** When you exercise, you move your body energetically in order to get fit and remain healthy. Being active keeps our muscles, bones and minds healthy.

**Hygiene** To stop germs from spreading, it is important to be hygienic. Wash your hands after using the toilet. Brush your teeth twice a day. Shower regularly.

### Statutory requirements

- Notice that animals, including humans, have offspring which grow into adults
- Find out about and describe the basic needs of animals, including humans, for survival (water, food and air)
- Describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.

### Key Vocabulary

**Offspring** A person or animal's child or children

**Growth** The process of getting bigger

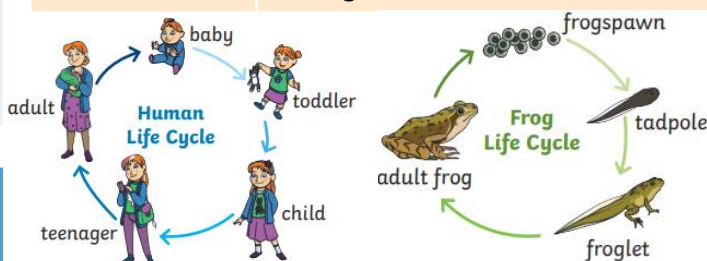
**Pupa** An insect that is about to turn into an adult

**Adult** A fully grown animal or plant

**Young** Offspring that has not reached adulthood.

**Life young** Offspring that has not hatched from an egg.

**Life cycle** The changes living things go through to become an adult



### Pictures and Diagrams



### Possible Experiences

- Have caterpillar eggs or frogspawn and take time lapse photography of their cycle of life.
- Match animals to their offspring. Compare and contrast offspring to their parents.
- Find out what happens to a tooth left in various types of drinks.
- Investigate the effects of exercise on the body.
- Record a food diary and evaluate your diet.
- Grow and prepare healthy foods. Try new foods.
- Participate in a series of exercises and investigate how each exercise makes your body feel, affects your breathing and uses each of your muscles.