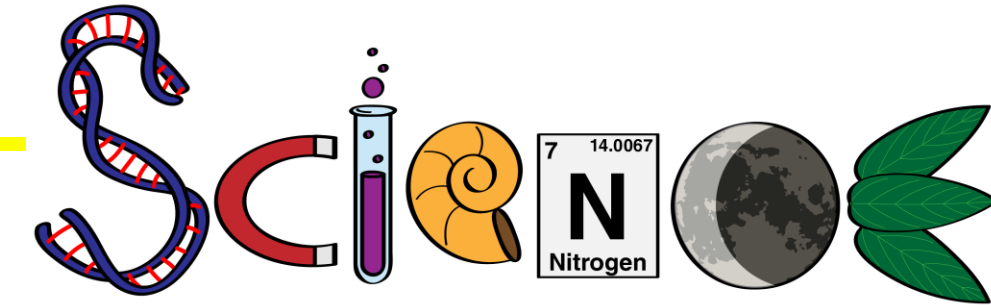


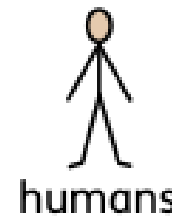
Why do we need to be healthy?

Children will learn about the basic needs that all humans need to survive and live. They will study more closely the importance of exercise, a healthy diet and good hygiene as ways to keep us healthy. They will also look at off spring of different animals and how they develop and change into adults as they grow. Children will also look at ways to keep themselves from becoming ill as well as things they can do if they do become ill.

All living things **have basic needs**.
They all need **food, water and air to survive**.



Key Vocabulary



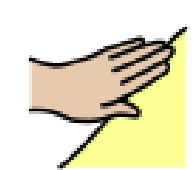
humans



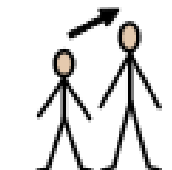
movement



respiration



sensitivity



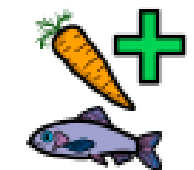
growth



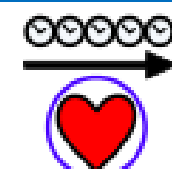
reproduction



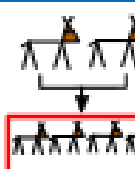
excretion



nutrition



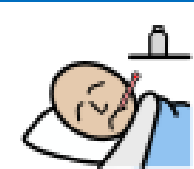
survive



offspring



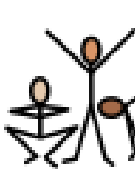
medicine



illness



hygiene



exercise

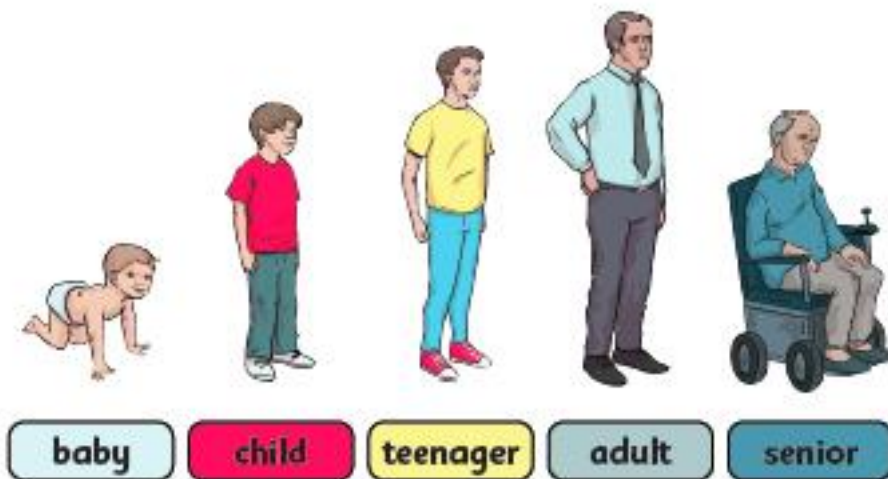


diet



animals

How do humans change?



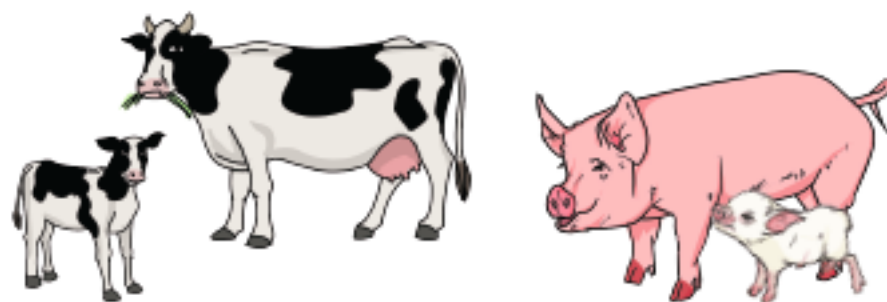
How can we look after ourselves?

We can **exercise regularly**, eat a **healthy diet** and make sure we have **good hygiene**.

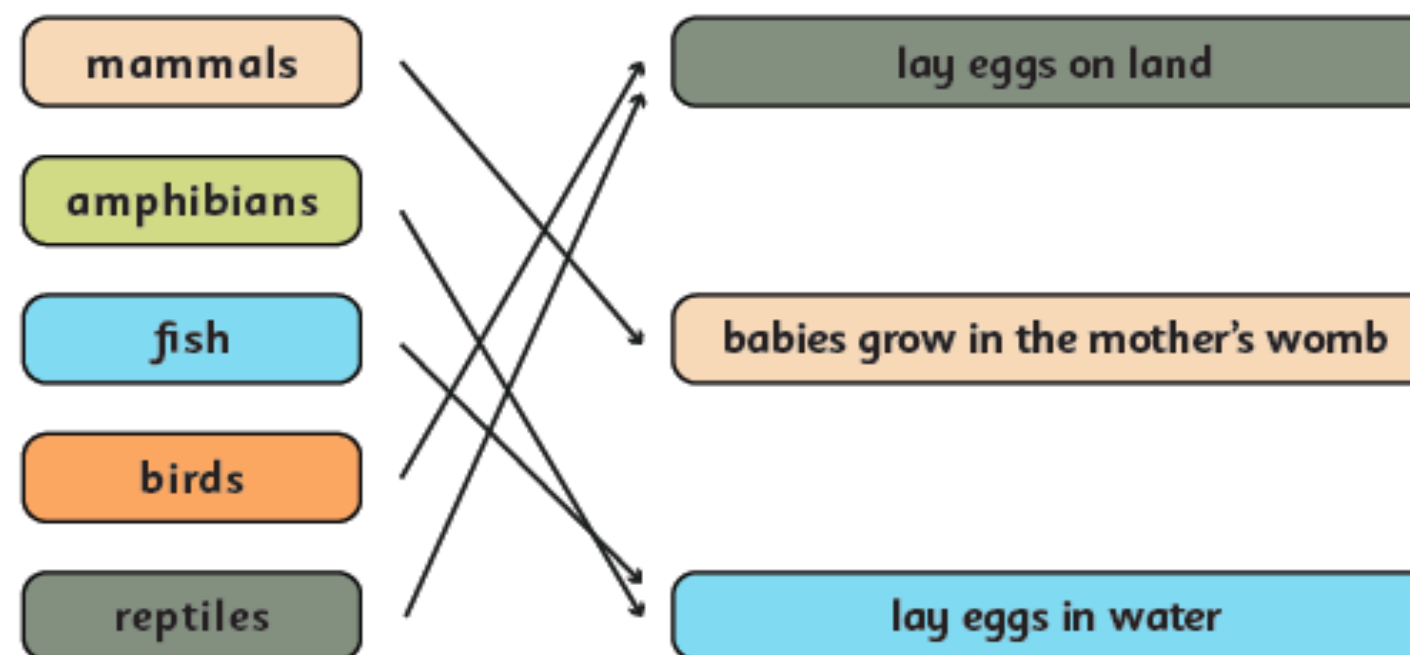


What are offspring?

All animals including **humans reproduce** and **have offspring**. This means they make another one of the **same species**.



How do different animals **produce their offspring**?



By the end of the unit the children will be able to:

- Understand that animals, including humans, have offspring which grow into adults
- find out about and describe the basic needs of animals, including humans, for survival
- describe the importance for humans of exercise, eating the right amounts of different types of food.
- Understand the importance of personal hygiene.