



Science Topic: Animals including Humans (Healthy Lifestyle)

Year: 2 Term: Spring 1

Key Knowledge/Content:

- Different animals move in different ways to help them survive
- Animals need nutrition, water and air to survive.
- Exercise keeps animal's bodies in good condition and increases survival chances.

Scientist Focus:

Mae Jamison (Astronaut)

An engineer, famous for being the first black female in space in 1992.

Links to:

Prior learning:

To know what animals, including humans, need to survive including nutrition, water and air.

Future learning:

To look more closely at the types of food we need to maintain a healthy diet and how exercise affects the human heart.

Key vocabulary with definition:

Prior vocabulary:

- Animal- A living thing that need water and food to live.
- Growth- An increase in size.
- Survival- The act of staying alive using different things such as food, water and air.
- Basic needs- The things that people require to survive.
- Nutrition- The substance that provides human in the body.

New vocabulary:

- Exercise- Playing and being physically active.
- Heart rate- The beat of the heart, which increases during exercise.
- Hygiene- The way that we care for our bodies and keep it healthy.
- Healthy- When the body works properly and doesn't get weak or poorly.
- Unhealthy- When the body is not working properly, is unfit or poorly.
- Balanced diet- Different types of food that work to make the body healthy.
- Astronaut- Someone whose job involves them going into space.

By the end of this unit

All children can: **identify** which foods are needed to keep the human body healthy and **describe** ways to stay hygienic and clean.

Most children can: **explain** how exercise affects the human body and **explain** how to keep the body clean and hygienic.

Some children can: **demonstrate** strategies for keeping teeth and hands clean and **explain** what types of foods will contribute to a healthy meal.

Background understanding for teachers and parents:

This unit will continue to look at humans and what they need to do to maintain a healthy lifestyle. They will learn about which foods contributes to a balanced diet, talk through strategies for keeping good hygiene and look at why exercise is important.

Curriculum Driver (one):

Healthy Lifestyle

Evidence outcome:

Understand that the human body needs a balanced diet, good hygiene and exercise to be healthy and look at the strategies for achieving a healthy lifestyle.