

Key Content (New Learning)

Identify, name, draw and label the basic parts of the human body.

Describe the basic needs of humans for survival (food, water and air).

Describe the importance for humans to exercise, eat the right amount of different foods and be hygienic.

Unit Overview

Key Vocabulary

Lesson 1 We will name as many parts of our bodies, inside and out, as we can.

Lesson 2 We will talk about a human's needs and how these change over time.

Lesson 3 We will look at how our heart rate changes when we exercise and why exercise is important.

Lesson 4 We will sort foods into different groups based on their sugar, salt, fat and which are healthier or unhealthy.
We will discuss why eating the right foods is important.

Lesson 5 We will complete two experiments about the importance of hand wash

End Point We will complete the end of unit assessment to show our learning from this term.



Disease – illness or sickness.

Exercise – moving our bodies to become stronger and healthier.

Food – something that is eaten or drank to keep you alive.

Germs – Tiny living things we can't see with our eyes. They can live on our bodies and cause diseases.

Hygiene – the things we do to keep our body clean and stop the spread of germs.

Survival – to stay alive.