



Overview:

This term, children will explore and learn all about animals, including humans and the life cycle. We will look at the stages of the human life cycle and changes that humans go through. We will also look at animal lifecycles, particularly the life cycle of a frog and a butterfly. We will also look at how to stay healthy as humans. We will look at a balanced and healthy diet, learning all about the different food groups. Children will learn all about the importance of exercise and how we can all improve our lifestyles.

Some animals give birth to **live young**.



Some animals lay eggs which the **young** hatch from.



Both of these types of **young** then **develop** into **adults**.

Some **offspring** look like their **adult** when they are born.

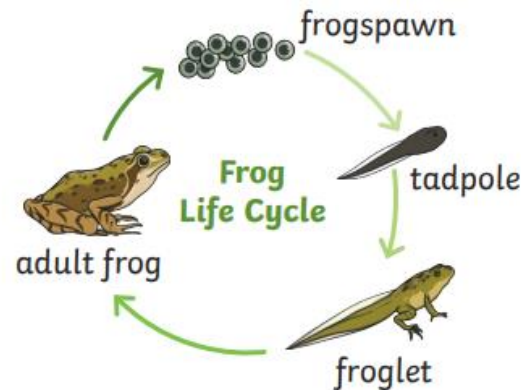
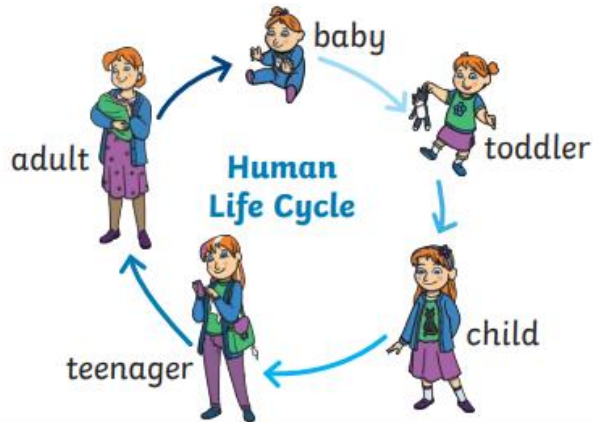


Some **offspring** do not look like their **adult** when they are born.



Key Vocabulary

adult	A fully grown animal or plant.
develop	To grow bigger and become stronger.
life cycle	The changes living things go through to become an adult.
offspring	The child of an animal.
young	Offspring that has not reached adulthood.
live young	Offspring that has not hatched from an egg.



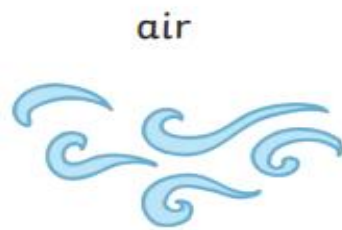
Life cycles of a human and animal:

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





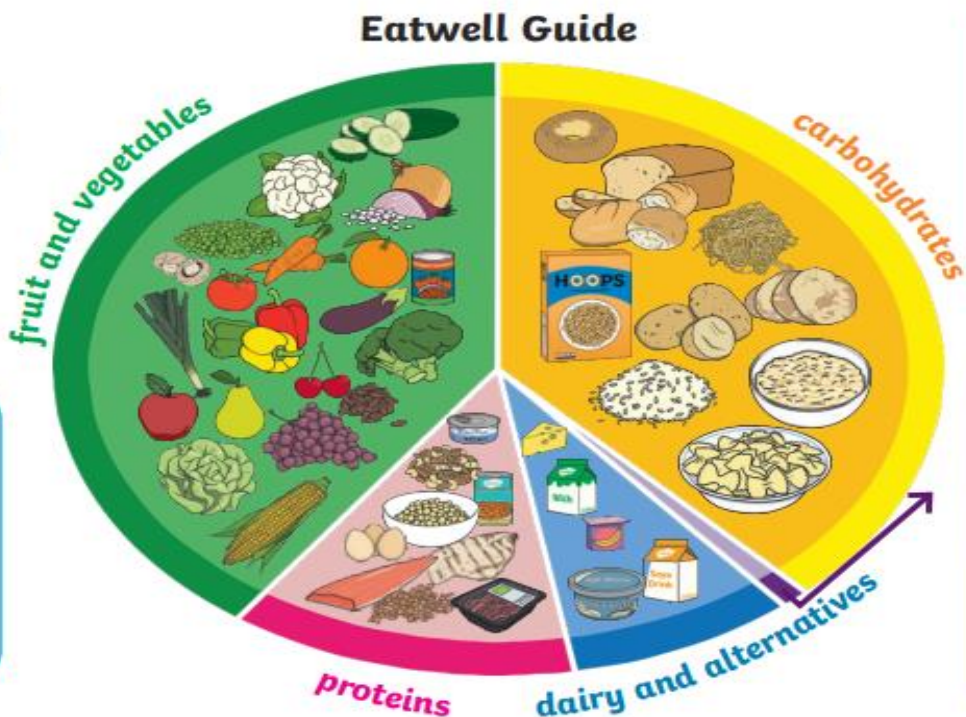
To stay alive, all animals have three basic needs for survival:



To grow into a healthy adult, we must eat the right types of food in the right amount and **exercise**.



6-8 a day
Water, lower fat milk and sugar-free drinks.



Eat less often and in small amounts.



oil and spreads
Choose unsaturated oils and use in small amounts.



Key Vocabulary

diet	The food and water that an animal needs.
disease	Illness or sickness.
exercise	A physical activity to keep your body fit.
germs	Tiny living things that can cause disease.
hygiene	How we keep ourselves and the world around us clean so we can stay healthy and stop germs spreading.
nutrition	Food needed to live.
pulse	The beating of the heart that can be felt in your neck and wrist.

Being active and **exercising** keeps our bodies and minds healthy.



To stop germs from spreading, it is important to be **hygienic**.

