

- Q** **vocabulary**
- survival
 - essential
 - life cycle
 - offspring
 - live young
 - hatch
 - exercise
 - muscle
 - balanced diet
 - nutrients

What is essential for survival?

- air**- the gas around the Earth that contains oxygen which animals and humans need to keep their bodies working
- food**- what animals eat. It provides the body with the essential nutrients needed for growth, repair and energy.
- sleep**- sleep is essential for our brains to learn and develop and our bodies to repair.



water- humans and animals get their water from rain, lakes and seas. Some animals get water only from the plants they eat.



shelter- shelters keep humans and animals safe from predators and extreme weathers.

Exercise is vital for healthy growth and development:

- It makes our heart and lungs stronger
- It makes our muscles stronger and more flexible
- It keeps our brain healthy and releases chemicals to make us feel happy
- It gives us energy and helps us maintain a healthy weight
- It is a fun activity we can enjoy with our friends



A balanced diet contains sugars, fats and oils, proteins, fruit and vegetables and carbohydrates.

Animals have babies in different ways.

- A baby will grow inside a mother's tummy (mammals)
- A baby will grow in an egg in a nest outside the mother's tummy (fish, reptiles and birds)



Some offspring can look like mini adult, but others can look very different.

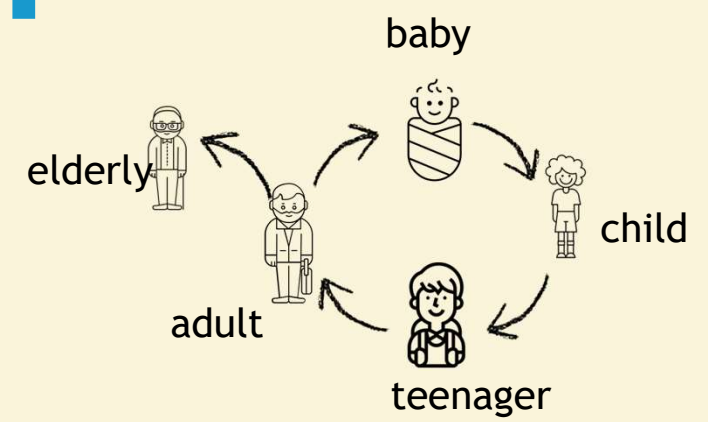
offspring

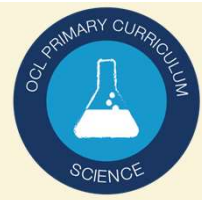
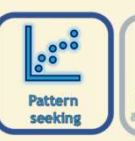
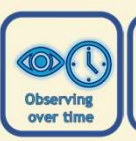


adult



human life cycle

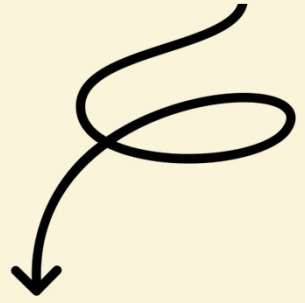




Focus on... a scientist Elsie Widdowson



Elsie Widdowson (1906-2000) was born at a time when people didn't know much about the content of their food. She wrote a book called 'The Composition of Foods' which explained the nutritional value of many foods. With her partner, Robert McCance, she was able to work out a sufficient diet that people could survive on during the rationing of World War 2.



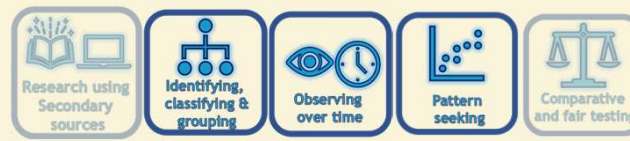
Find out more about her fascinating life [here](#)

Focus on... equipment stopwatches



- Used to measure time in digital form can measure hours, minutes, seconds and even parts of seconds.

Who uses it?
Stopwatches are useful to everyone but physiotherapists, occupational therapists, sports coaches, microbiologists use stopwatches and timers everyday to help them be accurate and successful in their work.



Previous learning

- EY - Know the names of animals and insects around them
- EY - Begin to explore the word 'healthy' in relation to food and exercise

Current learning

- Understand the basic needs for human and animal survival.
- Understand all animals produce offspring through eggs or live young
- Understand the life cycle of human development and common milestones within each stage
- Understand the importance of exercise on growth, repair and development
- Understand the importance of a healthy, balanced diet on growth, repair and development

Future learning

- Y3: deeper look a muscles and bones
- Y3: specific nutrients for healthy musculature and bone development
- Y4: food chains within ecosystems
- Y5: animal life cycles

Independent learning at home

Use plasticine to recreate a lifecycle

- [frog life cycle](#)
- [butterfly life cycle](#)
- [animal babies](#)
- [animals that lay eggs](#)
- [animal life cycles](#)
- [what do animals need to survive](#)

- Take part in a Joe Wickes exercise routine and keep a body diary (how does your heart beat {pulse}, beathing, skin and muscles change throughout your workout?)
- Create a poster all about life cycles.
- Vocabulary

Set 1 Set 2 Set 3 Set 4 Set 5

Learning together at home

- Use photographs of family members to create a human life cycle.
- Go explore - can you find any stages of an insect or amphibian life cycle in nature?
- Play 'egg or baby' game with your grown-ups: name an animal and state if their
- Enjoy exercise together: take a class, go for a swim, or follow an online tutorial.
- If you have a pet at home, talk to your grown ups about what it needs to survive, what do they do everyday to care for it?
- Play babies or eggs - ask your grown up to give you the name of an animal and you have to tell them if they lay eggs or give birth to live young. For every animal you get correct you score a point, take turns to see who is the winner.
- Be a healthy chef - you and your family design a healthy meal you could share.

