

What should I already know?

- Similarities and differences between common, everyday objects (EYFS)
- Know how to keep healthy by doing exercise and eating healthily (EYFS)
- Know some rhymes about the body (e.g. heads, shoulders, knees and toes) (EYFS)
- Some animals are suitable to be kept as pets but others are not
- Doctors and nurses give us medicine when we are poorly

What will I know by the end of the unit?

Different parts of the body

Name the senses (smell, taste, sight, touch, hear) and know which part of the body is used

What is a lifecycle?

- a **life cycle** is the series of changes that an animal or plant passes through from the beginning of its life until its death.
- animals, including humans, have **offspring** which grow into adults

What do all animals need to survive?

All animals need water, air and food to **survive**.

What do humans need to be healthy?

To keep **healthy**, humans need:

- to eat a **balanced diet** and **healthy food**
- some **exercise** to keep their **muscles** and **bones** healthy
- to take **medicines** that are given by doctors and nurses when feeling poorly
- to keep good **hygiene** by washing regularly, having clean clothes, brushing teeth and hair.

Vocabulary

ears	body parts that allow us to hear	survival	to stay alive
nose	the body part that allows us to smell	exercise	when you exercise, you move your body energetically in order to get fit and to remain healthy
eyes	the body parts that allow us to see	hygiene	keeping yourself and your surroundings clean, especially in order to prevent illness or the spread of diseases
hands	the part of the body at the end of the arm that is used for holding and touching things	disease	an illness which affects people, animals, or plants
tongue	a big muscle in the mouth that helps us taste, eat and speak	medicine	the treatment of illness and injuries by doctors and nurses
baby	a very young child who needs to be looked after by an adult	child	a young human being below the age of puberty
toddler	a young child who is just beginning to walk	adult	a person/ animal who is fully grown or developed