

Key Knowledge

Key Skills

Key Vocabulary

- I can match, sort and group young animals and their adults.
- I can find out how animals change as they grow into adults.
- I can compare the stages of the human life cycle.
- I can test the effects of exercise on the human body.
- I can investigate the importance of healthy eating and hygiene.

- 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.
- Diet:** The food and water that an animal needs.
- Exercise:** A physical activity to keep your body fit.
- Germ:** 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.

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.

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:

air water food

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.

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

Eat less often and in small amounts.

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

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