

Y2 – Animals including humans

Inspiration

Creativity – problem solving

Partnership with parents

Belonging – Life stages of significant adults

Key Questions

- What are the stages in a human lifecycle/butterfly lifecycle?
- What are babies of these animals called?
- What do land dwelling animals need to survive?
- What are the five main food groups?
- Why is it important to be clean when preparing and eating food?
- What does a healthy diet look like?
- Why is it important to exercise regularly?
- What happens to our bodies when we exercise?

Working Scientifically

- asking simple questions and recognising that they can be answered in different ways
- observing closely, using simple equipment
- identifying and classifying
- using their observations and ideas to suggest answers to questions

Also covered in:

- Y1 – Animals including humans
- Y3 - Animals including humans
- Y4 – Animals including humans
- Y6 - Animals including humans

At the end of this unit, children will be able to:

- describe the importance of exercise, a balanced diet and hygiene for humans
- describe the basic needs of animals for survival
- describe the main changes as young animals, including humans, grow into adults
- Know and discuss simple lifecycles (human and butterfly)
- Identify and sort animals and their offspring
- Describe the needs of animals including humans for water, food and air
- Name the five main food groups and classify some common everyday foods
- Understand the importance of basic hygiene
- Understand the importance of regular exercise and a healthy diet
- Ask and answer questions that could be asked about physical changes during exercise
- Use simple equipment – heart rate monitors

Knowledge

- The life cycle of a human - Babies are dependent on parents, cry to communicate and only drink milk. Toddlers are learning to walk and go through lots of other changes - Their teeth start to grow. They start learning to talk and start learning to eat lots of food and to feed themselves. A child is bigger than a baby and can do more things on their own, they go to school to learn to read, write, count, ride a bike. The teenage stage is from ages 13 – 19. Teenagers are getting ready to be adults and are becoming independent. Their bodies change a lot during this stage. They get taller and start to look more like adults. These changes are because of things called hormones. Hormones are things inside your body that make your body change. They are learning how to be grown-ups and survive on their own. Adults are fully grown and can do everything by themselves to take care of themselves. They are fully developed and have responsibilities. At some point, many adults have children of their own, which starts the human life cycle again. Old age is the later stage of being an adult. Older people retire, which means they stop working. Some old people have grey or white hair. Sometimes old people might move more slowly because their joints and muscles ache. Elderly people have often had a long life and often get tired easily and need to sleep more.
- Butterflies lay eggs, these eggs hatch into caterpillars which eat lots to grow, caterpillars make a chrysalis in which they then develop into a butterfly.
- Name animals and their babies e.g. egg, chick, chicken, caterpillar, pupa/chrysalis, butterfly, spawn, tadpole, frog, duckling/ duck, lamb/sheep, calf/cow.
- The basic needs for land dwelling animals to survive are water, air and food.
- The five main food groups are starchy foods, fruits and vegetables, dairy products, meat and protein and fats and sugars. Grains, cereals and potatoes are starchy foods and give us energy. Apples, bananas, and strawberries are fruits. Broccoli, carrots and peas are vegetables. These provide vitamins, minerals and fibre. Milk and yoghurt are dairy products full of calcium for strong teeth and bones. Meat, fish, nuts and eggs are rich in proteins to build muscles.
- Eating too much fats and sugars is bad for our bodies.
- The benefits of exercise are a healthy body and mind.
- Exercise makes our muscles stronger, we breathe faster to take in more oxygen, we sometimes go red and get hot and sweaty.

Topic Specific Vocabulary

Life cycle, stages, develop, development, changes, babies, parents, adults, child/ren, toddler, teenager, elderly, independent, dependent, reliant, butterfly, caterpillar, chrysalis, metamorphosis, survival, survive, hygiene, germs, starchy foods, carbohydrates, energy, cereals, grains, dairy, protein, repair, vitamins, minerals, fibre, calcium, muscles, bones, teeth.

NC Subject content

- notice that animals, including humans, have offspring which grow into adults
- find out about and describe the basic needs of animals, including humans, for survival (water, food and air)
- describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.

Subject Specific/Academic Vocabulary

This vocabulary should be explicitly taught in context. Other tier 2 words should also be explored as they are encountered.

Year 1

Environment, evidence, method, normal, resources, select, similar, task

Year 2

Data, evaluate, estimate, positive, research

We are scientists

Life cycle display. Observational drawings of each developmental stage.