

Knowledge Organiser		
Year: 1&2	Term: Summer 1	Topic: Animals including humans Biology

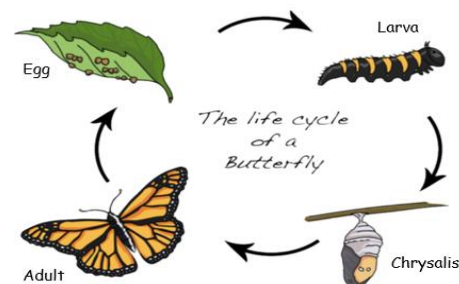
Vocabulary	Meaning
offspring	the name given to animal babies.
life cycle	the stages living things go through as they grow from birth to death.
heart	an important part of the body which pumps blood.
lungs	for breathing and helping the body pass oxygen into the blood.
muscles	help the body with movement and strength.
exercise	something which requires physical effort and improves lung and heart power.
hygiene	the things we do to keep ourselves clean and healthy.
diet	the kinds of foods we regularly eat.



Stages of human life cycle:

baby – toddler – child – teenager – adult – elderly

Some babies do not look like their adult when born.



3 basic needs for survival:

Air (can survive for only 3 minutes without it).

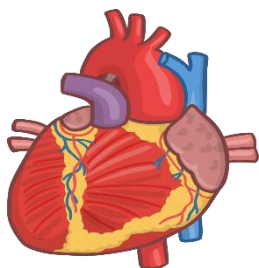
Water (can survive 3 days without it).

Food (can survive 3 weeks without it)

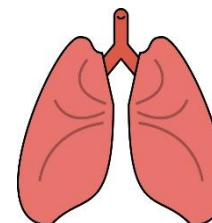
Here is the food pyramid. which shows the types of food we need to eat.



Keeping clean and washing hands is very important to stop germs spreading.



Exercise makes your heart pump faster and it makes it stronger.



Exercise makes your lungs work harder and it makes them stronger.



Different forms of exercise

Learning Objectives

Lesson 1	I notice that animals, including humans, have offspring which grow into adults.		
Lesson 2	I can find out about and describe the basic needs of animals for survival (water, food and air).		
Lesson 3	I can describe the importance of exercise for humans.		
Lesson 4	I can describe the importance of hygiene for humans.		
Lesson 5	I can describe the importance of eating the right amounts of different types of food for humans.		
Lesson 6	I can show what I have learnt.		