

In this unit: Pupils will investigate the different life processes and produce a guide on how to be a healthy super hero.

Children should already know:

- that there are five types of vertebrates (mammals, fish, reptiles, amphibians, birds)
- vertebrates are animals that have a backbone
- that some animals give birth to live young but others lay eggs
- the names of parts of the body
- the names of the five senses and the body parts associated with them

At the end of this unit, children will know:

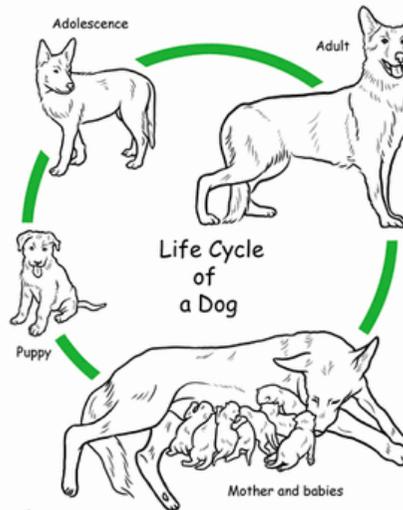
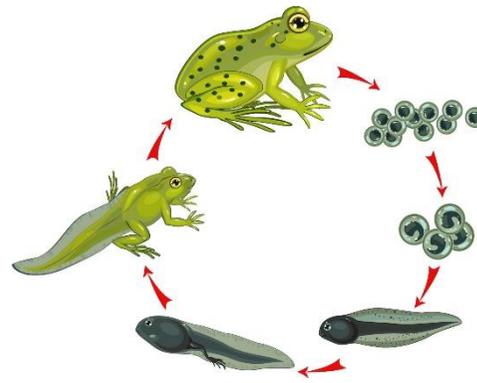
- that a life cycle is the series of changes that an animal passes through from the beginning of its life until death
- that animals and humans produce offspring which grow into adults
- why all animals need three basic elements to survive (water, air and food)
- that exercise makes the heart work and that some exercise make the heart beat faster and some slow it down
- that we need a healthy diet and foods can be put into groups
- the role of hygiene in food preparation

Pupils could investigate:

- matching animals to their offspring
- compare and contrast offspring to their parents
- order the stages in human life
- how exercise affects:
  - how your body feels
  - your breathing
  - uses each of the muscle

Key Questions:

- what would you need to survive in [a given location]?
- what exercise could we do to stay healthy?
- what foods do we need to: eat a lot of? not eat much of?
- do babies look like their parents?
- what do we need to stay healthy?



### Key Vocabulary

adults	the fully grown form of a species
bones	hard, whitish parts inside your body that makes up the skeleton
dairy	food that is or contains milk
diet	the food which is eaten by an animal or human
disease	an illness that affects humans, animals or plants
egg	oval or round object laid by a female bird, fish, reptile or invertebrate
exercise	moving your body in order to get fit and remain healthy
fat	a natural oil found in humans and animals
fruit	something that grows on a tree or a bush and contains seeds and fleshy outer which can be eaten
healthy	being well and not suffering from any illness
heartbeat	the action of the heart pushing blood around the body
hygiene	keeping yourself and your surroundings clean, to prevent illness or the spread of disease
life cycle	the series of changes that an animal or plant go through from the beginning to the end of their life
medicine	the treatment of illness and injuries by doctors and nurses
muscles	the group of tissue inside your body that push and pull your bones to make your body move
nutrition	the 'goodness' gained from the diet for health and growth
offspring	a person's or animal's young
pupa	an insect in an inactive state between larva and adult
skeleton	the collection of bones that provide support and protection for the body
spawn	eggs laid by fish, frog or other similar water living creature
sugar	a sweet substance obtained from plants
survival	continue to live or exist
vegetables	a plant or part of a plant that is used for food

**Movement**  
**Respiration**  
**Sensitivity**

**Growth**  
**Reproduction**  
**Excretion**  
**Nutrition**

