



HEARTS Academy Trust Knowledge Organiser



Science Animals including humans

Year 1/2 Spring term A

Theme: Cause and Effect

What should I already know?

Year 1 Name farm animals and their young.

Observe and describe the life cycle of an insect and a farm animal

Year 2 Identify, name, draw and label the basic parts of the human body and say which part of body is associated with each sense .

Describe the basic needs of animals, including humans, for survival (water, food and air) .

Name a variety of common animals that are carnivores, herbivores and omnivores

What I will know by the end of the topic

Describe the six different stages of a human life.

- Baby** - A very young child who cannot do much for themselves.
- Toddler** - A child who has only recently learnt to walk.
- Child** - A young human who is not yet an adult.
- Teenager** - A person who is between 13 and 19 years old.
- Adult** - A fully grown person who can have children and go to work.
- Elderly** - An older adult who is over 65 years old.

Why is it important for humans to exercise? Exercise improves health, strength and mental wellbeing..

Why is it important to have a balanced diet? A balanced diet is important because your organs and tissues need proper nutrition to work effectively. Without good nutrition, your body is more prone to disease, infection, fatigue, and poor performance.

Describe the 5 food groups and what they do

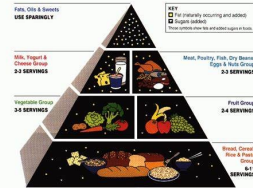
Proteins—helps your body to grow and repair itself

Dairy— helps bones grow and nutrients maintain muscles and nerves

Fats and sugars—they provide energy and can help in building cells.

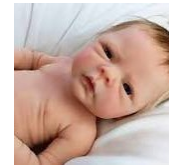
Fruit & vegetables—helps digest food and keeps organs functioning properly.

Carbohydrates—Give you energy that is quickly or slowly released.



Application of Knowledge

Children will know that animals have offspring which grow into adults, They will be able to describe six stages of life and identify some of the similarities and differences between the stages. They will be able to describe the basic needs of animals for survival and describe the importance for humans of exercise, diet and hygiene.



Vocabulary

Off-spring	The young of an animal.
Growth/grow	The growth of a person, animal or plant is its process of increasing in size.
Teenager	A person who is between 13 and 19 years old
Adult	A fully grown person
Elderly	A polite way of saying an old adult
Exercise	Physical activity that you do to make your body strong and healthy
Heartbeat	The regular movement or sound that the heart makes as it sends blood around your body
Deciduous	a tree or bush that loses its leaves in autumn and grows them again in spring
Evergreen	a tree or bush that keeps its leaves all year round
Protein	A food group which helps your body to grow and repair itself.
Carbohydrates	A food groups which is an important source of energy