

Science Y2 Spring 2 – Animals including humans

In this unit of work the children will name and order the stages of a human's life and compare the stages. They will set up a test, collect results and draw conclusions to answer the question – 'Older children are faster than younger children'. They will sort food into the 5 groups and discuss their importance in a healthy diet and evaluate what they eat. The children will also think scientifically about the effects of exercise on their body

In this unit children will:

- Know that animals including humans have babies which grow into adults.
- Name and order each stage of a human's life.
- Research what a pet needs to stay healthy.
- Create their own investigation to find out if older children are faster than younger children.
- Know what the basic needs of humans for survival are.
- Name foods which are healthy and unhealthy.
- Design 3 meals for a healthy balanced diet and identify their own eating habits and evaluate their diet

Prior Learning

FS Know the importance for good health.

Year 1 Identifying and labelling parts of the human body and the associated senses.

Naming a variety of common animals

Cross Curricular Links

Maths – Data collection

D&T – Designing and making a healthy food to eat

History - Timelines

Key Vocabulary

Human – All people who are born.

Human Timeline – The different stages of a human's life in age order.

Basic needs – What you need to stay alive.

Balanced diet – Eating a wide variety of foods from each food group to give you all the goodness you need to be healthy.

Carbohydrates – Foods which provide your body with energy.

Vitamins and Minerals – Nutrients which our body needs to function healthily.

Protein– Builds our muscles.

Calcium– Needed to keep our bones and teeth strong.

Personal Hygiene – Things which you do to keep yourself clean and healthy.

Immune System – Helps protect us against diseases.

Muscles – Enable us to move and live.

Key Knowledge

- .Animals, including humans, have offspring which grow into adults.
- The human timeline is a baby, toddler, child, teenager, adult, elderly.
- Children are very much, but not exactly, like their parents.
- Babies – humans and animals need to be fed and cared for by their parents.
- The basic needs of animals, including humans, for survival are water, food and air.
- It is important to exercise, in order to stay healthy.
- Physical activity creates changes in your body – you get warm, sweat and your heart rate increases.
- You need to wash your body after exercising to keep you fresh and clean.
- It is important to brush your teeth twice a day.
- You need to wash your hands after going to the toilet, to get of the germs.
- It is important that you eat the right amounts of different types of food.
- There are 5 food groups and each has a different function in the body.
- Fruit and vegetables give us vitamins and minerals to help build our immune system – eat 5 portions a day.



- Carbohydrates give us energy and fibre.
- Protein is important for growth and repair in the body.
- Dairy products give us calcium for healthy bones and teeth.
- Fats and sugars provide us with energy, but too much of these is unhealthy.
- Exercise strengthens your bones and muscles, including your heart.

Key Questions

- How are you different to a toddler?
- How animals' (including humans) needs change as they grow?
- Can we eat food from only one group – why/why not?
- Why did you put In the same group as ...?
- Why is exercise important for keeping healthy?