Science Knowledge Organiser

Year 1/2 Spring 1

Plants	Year	Main Foci: Biology

What should I already know from Reception/Year 1
I can be healthy by eating the right things and exercising.

Vocabulary	
life cycle	The series of stages a living thing goes through in it's life
survive	To survive is to have have everything you need to live
exercise	Activity that requires physical effort
hygiene	To keep yourself clean
diet	The food you eat
offspring	An animal/humans babies

What will I know by the end of the unit?	
What is the life cycle of a human?	• Humans have offspring that grow into adults • Humans have babies, they grow into toddlers, children, teenagers then adults • Babies cannot walk or talk and has milk, toddlers are unstable on their feet and need help feeding, a child can walk, talk and eat for themselves, a teenager grows rapidly, an adult has finished growing
What so humans need to survive?	• Humans need water, food and air (oxygen) to survive • To survive is to have everything you need to live
What's so important about exercise?	• exercise is important for humans to keep healthy • exercise makes our bodies strong so we can lift heavy objects, walk long distances and live a long life
What's so important about food?	• Humans need a varied diet to be healthy • Varied means lots of different types of food • All foods are healthy if they are eaten in the correct amounts
What's so important about hygiene?	• Hygiene means to keep yourself clean • Our bodies - skin, hair and teeth - can become dirty • clothes can get dirty and need to be washed so they smell fresh