### What should I already know?
- There are five types of **vertebrates** (mammals, fish, reptiles, amphibians, birds)
- **Vertebrates** are animals that have a **backbone**.
- Some animals are suitable to be kept as pets but others are not.
- Some animals give birth to live young but others lay eggs.
- Doctors and nurses give us **medicine** when we are poorly.

### Investigate!
- Match animals to their **offspring**
- Compare and contrast offspring to their parents.
- Compare the heights/hand spans of people at different stages of their lives.
- Order the stages in human life.
- Write an instruction text about how to look after pets.
- Investigate how animals are cared for in zoos and **farms**.
- Research animal charities, such as the RSPCA, and how they keep animals safe.
- Record a food diary and evaluate your diet.
- Collect information about favourite foods and present it in a pictogram or **bar chart**.
- Participate in a series of **exercises** and investigate how each exercise:
  - makes your body feel
  - affects your breathing
  - uses each of your **muscles**

### Vocabulary
- **backbone**: the column of small linked bones down the middle of your back
- **balanced diet**: a variety of food that you regularly eat
- **bar chart**: a chart which uses bars to represent the value of something and comparing it to a different group
- **bones**: the hard parts inside your body which form your skeleton
- **disease**: an illness which affects people, animals, or plants
- **exercise**: When you exercise, you move your body energetically in order to get fit and to remain healthy
- **farm**: an area of land used to produce crops or to breed animals and livestock
- **healthy**: well and not suffering from any illness
- **hygiene**: keeping yourself and your surroundings clean, especially in order to prevent illness or the spread of diseases
- **life cycle**: the series of changes that an animal or plant passes through from the beginning of its life until its death
- **medicine**: the treatment of illness and injuries by doctors and nurses
- **muscles**: something inside your body which connects two bones and which you use when you make a movement
- **offspring**: a person's children or an animal's young
- **pet**: a tame animal kept in a household
- **pictogram**: a simple drawing that represents something
- **skeleton**: the framework of bones in your body

### What will I know by the end of the unit?
**What is a life cycle?**
- A life cycle is the series of changes that an animal or plant passes through from the beginning of its life until its death.
- Animals, including humans, have offspring which grow into adults.

### What do all animals need to survive?
All animals need water, air and food to **survive**.

### What do humans need to be healthy?
To keep **healthy**, humans need:
- to eat a **balanced diet** and **healthy** food
- some **exercise** to keep their **muscles** and **bones** healthy
- to take **medicines** that are given by doctors and nurses when feeling poorly
- to keep good **hygiene** by washing regularly, having clean clothes, brushing teeth and hair.
### Question 1: Tick all the things that all animals need to survive:

<table>
<thead>
<tr>
<th>Water</th>
<th>Exercise</th>
<th>Air</th>
<th>Food</th>
</tr>
</thead>
</table>

### Question 2: How can humans keep healthy?

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Balanced diet</th>
<th>Medicine when given by a doctor or nurse</th>
<th>Look after animals</th>
</tr>
</thead>
</table>

### Question 3: The word 'offspring' means...:

<table>
<thead>
<tr>
<th>A form of gymnastics</th>
<th>To go on and then off</th>
<th>A season of the year</th>
<th>A person’s children or an animal’s young</th>
</tr>
</thead>
</table>

### Question 4: Place these in order of how they happen in the life cycle of a human:

<table>
<thead>
<tr>
<th>Toddler</th>
<th>Elderly</th>
<th>Adult</th>
<th>Baby</th>
</tr>
</thead>
</table>

### Question 5: How can you maintain good personal hygiene?

<table>
<thead>
<tr>
<th>Brush teeth</th>
<th>Wash regularly</th>
<th>Brush hair</th>
<th>Wear clean clothes</th>
<th>All of the above</th>
</tr>
</thead>
</table>