

Science

Week 7

Our Science Learning Journey

Key Vocabulary:

Hygiene

Healthy

Exercise

Body

Heart

Life-cycle



Can I identify what I already know about Humans?

Can I identify that exercise is important for Humans?

Can I identify the life stages of a Human?


Can I understand hygiene?

Can I identify foods that make a healthy diet?

Can I identify the basic needs of humans for survival?

Can I identify what I have learnt about the Human body?

Monday 15th December 2025



LQ: Can I identify what I have learnt about the human body?

Steps to Success

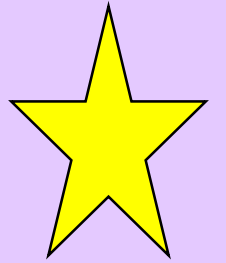
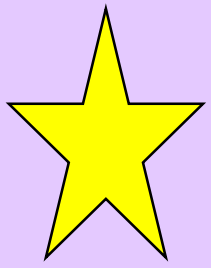


All – I can identify the basic needs of a human.

Most – I can recall facts about how humans stay healthy and hygienic.

Some – I can say which parts of the body is associated with each sense.

STAR WORDS



Hygiene



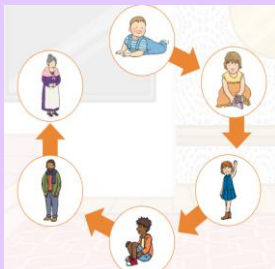
Healthy



Heart



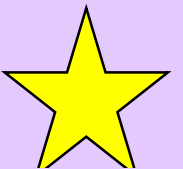
Life-cycle



Exercise



Body



LQ: Can I identify what I have learnt about the human body?

RECAP!

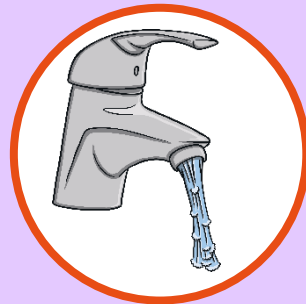
TP: What do we need to survive?

Sentence starter:

The basic needs of humans for survival are ... because...



Air



water



food



shelter

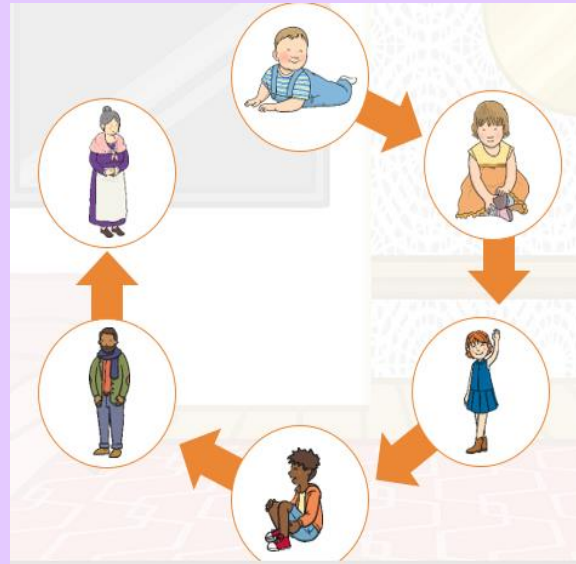
LQ: Can I identify what I have learnt about the human body?

RECAP!

TPs:

What are the 6 life stages in the life-cycle of a human?

Let's find out more ... [Bing Videos](#)



LQ: Can I identify what I have learnt about the human body?

RECAP!

TPs:

Can you name the 5 food groups?

Protein



Fruit and vegetables



Carbohydrates (starchy foods)



Dairy



Fats (and oils)



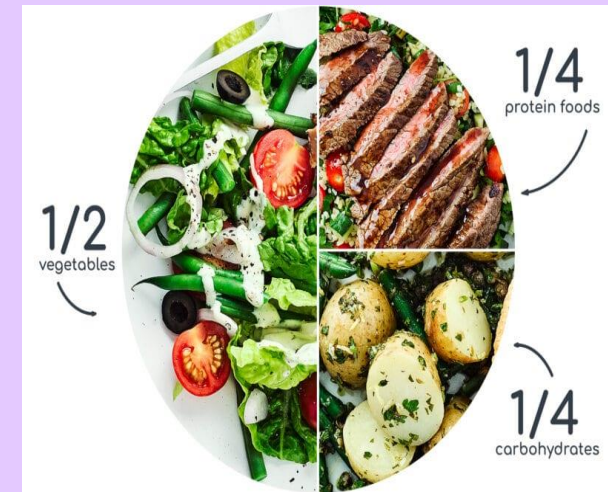
LQ: Can I identify what I have learnt about the human body?

RECAP!

TPs:

What does a balanced diet mean?

A **balanced diet** means that each day we try to eat lots of different types of food, in the right amounts, to give us enough nutrients (the goodness found in food) to stay healthy.



LQ: Can I identify what I have learnt about the human body?

RECAP!

TPs:

Why do humans need to exercise?

Exercise is important for humans because it strengthens the heart, lungs, muscles and bones. Exercise lowers the risk of humans becoming unwell. Humans feel better when they exercise and they **do not** become **overweight** (become fatter or heavier).



LQ: Can I identify what I have learnt about the human body?

RECAP!



TPs:

How does hygiene affect humans?

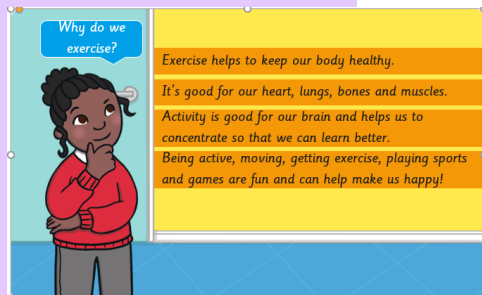


Hygiene is how we look after our bodies. Keeping ourselves *clean* and *tidy* makes us feel better about ourselves and also keeps us, and those around us, healthier!

LQ: Can I identify what I have learnt about the human body?

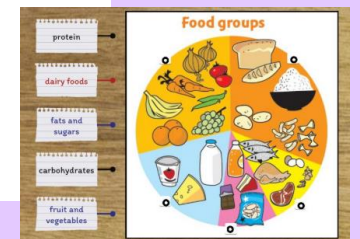
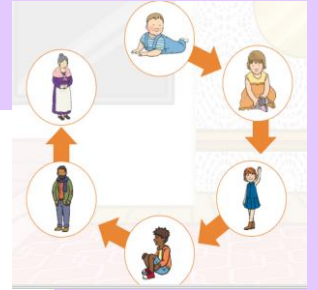
Monday 15th December 2025

Task- Quiz: Answer in your books



- 1) What are the 6 life stages in the life cycle of a human?
- 2) What are the 4 basic things that humans need to survive?
- 3) Can you name the 5 different food groups?
- 4) What does it mean to have a balanced diet?
- 5) Why do humans need to exercise?
- 6) How does hygiene affect humans?

SEND/N2E: multiple choice quiz questions and writing a list from a selection of words.



LQ: Can I identify what I have learnt
about the human body?

What a child should be able to do: (Assessment)

All: I can name at least three basic needs of a human.

Most: I can explain different stages of the human life (baby, toddler, child, teenager, adult elderly).

Some: I can explain why exercise is important.