

## Overview:

During this sequence of learning, pupils will observe and describe how seeds and bulbs grow and their requirements for staying healthy. Pupils will also understand the basic needs of animals including humans, and recognise changes that occur as they grow. They will understand the need for exercise, a healthy diet and the importance of hygiene.

## What should I already know?

- Plants have different parts such as stem, leaves and roots.
- Some trees lose their leaves in winter (deciduous) and some keep their leaves throughout the year (evergreen).
- Different plants and trees by sight such as an oak tree, birch tree, sunflower and a dandelion.
- Whether an animal is a mammal, bird, fish, reptile or amphibian.
- The difference between herbivores, carnivores and omnivores and some examples of each.

## What will I know by the end of the unit?

- How to plant a seed and give it the correct conditions for germination and growth.
- Seeds and bulbs need to be buried underground in soil and under the right conditions.
- The process when a seed starts to grow is germination.
- Plants need water and warmth to germinate.
- A plant has a life cycle which normally starts as a seed. This then germinates and begins to grow. At this stage it is called a seedling. The plant then grows until it becomes an adult plant. At this stage it can then reproduce.
- Plants that are deprived of light, food or air will not grow and will die.
- Plants produce offspring that grow into adults.
- All living things reproduce and have offspring.
- Some animals give birth to live young. Their offspring normally look like them when they are born.
- Some animals lay eggs which hatch into live young. This young then develops into an adult.
- To stay alive, animals have 3 basic needs: air, water and food.
- To grow into a healthy adult, we must eat the right types of food. Over half of our diet should be made up of carbohydrates, fruits and vegetables.
- Fats and sugary foods should be eaten in small amounts and not very often.
- People need to exercise often to keep their bodies strong and fit.
- To stop illness and infections spreading, we must be hygienic and keep ourselves clean.

## Vocabulary:

|              |  |
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| Temperature  | How warm or cold something or somewhere is.                                      |
| Life cycle   | The stages of change that something goes through.                                |
| Bulb         | A plant bud that begins to grow underground.                                     |
| Seed         | The small part of a flowering plant that grows into a new plant.                 |
| Survival     | Keeping alive.   |
| Adult        | Fully grown up.  |
| Seedling     | A young plant that has germinated from a seed.                                   |
| Predict      | Say what you think will happen.  |
| Reproduction | When living things make a new living thing of the same kind.                     |
| Offspring    | The child of an animal.  |
| Hygiene      | How clean something is (to stay healthy and stop disease and illness spreading). |
| Exercise     | A physical activity to keep your body fit.                                       |
| Healthy      | In good health, free from disease.   |
| Diet         | The food you eat.  |

