

Knowledge organiser Year 1 – Animals including humans.

Offspring	A person or animal's child.
Senses	Sight, touch, sound, smell, taste
Skeleton	The bones which hold your body up and protect your organs
Exercise	Physical activity that keeps your heart healthy and improves your fitness.
Flexible	Able to bend, stretch and move easily.
Germ	Tiny living things that are everywhere and can sometimes make us ill.
Hygiene	Keeping clean to stop you from getting ill – washing your hands.

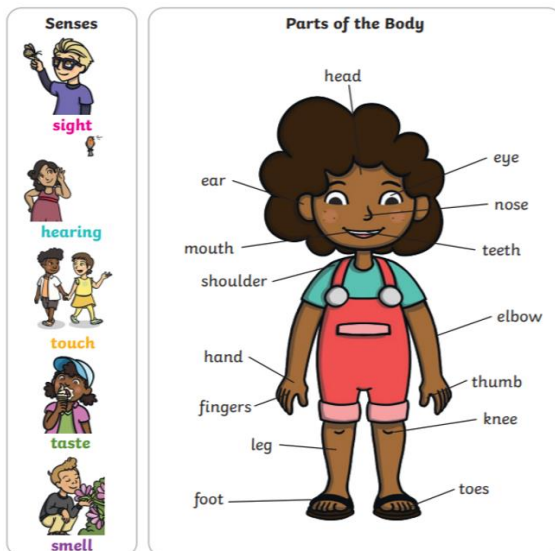
Animals, including humans, have **offspring** which grow into adults.



Timeline of a human

Baby Toddler Child Adult

All animals, including humans **need water, food and air** to live. It is important for humans to **exercise and eat a healthy diet**. It is important that we keep our bodies clean and have **good hygiene** - you must **wash** every day and **brush your teeth** twice a day. You also need to go to bed early to get plenty of **sleep**.



I can name the 5 senses: eyes for seeing, ears for hearing, nose for smelling, tongue for tasting, skin for touching.

I can say how to keep my body healthy: healthy food, water, exercise, sleep and brush your teeth.

I can name body parts including throat, neck, wrist, elbow and ankle.

What would you put in a healthy packed lunch?