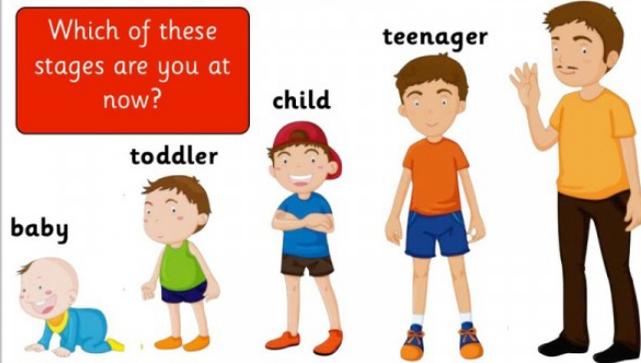


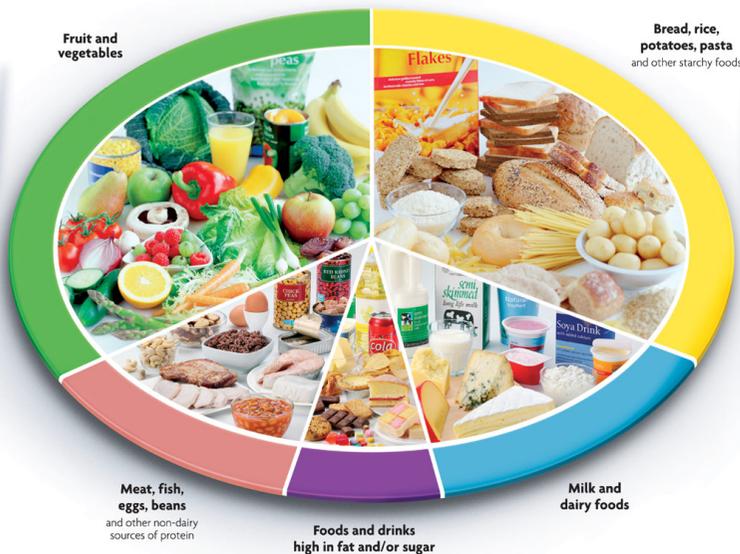
# Knowledge Organiser - Animals including Humans

## Stages of human life

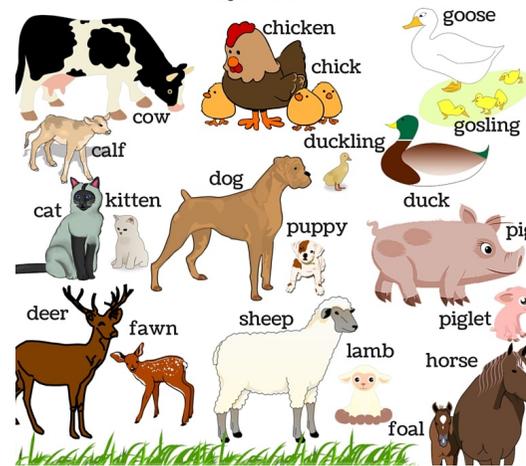
These pictures show the stages you go through as you grow from a baby into an adult.



## Healthy eating



## Animals and their offspring



## Exercise

There are lots of different types of exercise that we can do. How many of these have you tried?

- |              |               |            |           |
|--------------|---------------|------------|-----------|
| walking      | netball       | gymnastics | swimming  |
| rugby        | ice skating   | skipping   | rowing    |
| hockey       | skateboarding | hiking     | tennis    |
| running      | basketball    | dancing    | athletics |
| trampolining | football      | push-ups   | bowling   |

### How does exercise affect our bodies?

When we exercise, our muscles need more energy to make them work harder.

- 1) We breathe faster to get more oxygen into our body.
- 2) Our heart beats faster so that the blood moves around our body quicker.
- 3) We sweat to cool our bodies down.

## Key Vocabulary

Exercise	An activity requiring physical effort. People usually exercise to sustain or improve their health and fitness.
Growth	The growth of a person, animal, or plant is its process of increasing in size. For example, humans grow from a baby to an adult.
Survival	Survival is the act of living despite there being difficult circumstances, such as adverse weather or a predator.
Offspring	A person's child or children, or an animal's young.
Hygiene	This is the practice of keeping yourself and your surroundings clean, especially to prevent illness or the spread of diseases

## Hygiene

Washing your hands will stop the spread of germs which could make you ill.

