

Home Learning – Year 2

The Human Life Cycle



Science	Science

How do humans change as they grow?

- Talk about the changes that happen to humans as they get older.
- Talk through stages: baby, toddler, child, teenager and adult.
- Ask children to think about how they have changed since they were babies.

https://www.bbc.co.uk/bitesize/topics/zxfrwmn/articles/zk4bgwx

Draw a picture and label different stages of the <u>human life cycle</u>
 baby, toddler, child, teenager, adult, elderly.

How do animals change as they grow?

- Explain all animals, including humans, produce young which then grow into adults.
- Discuss young animals and their names e.g. puppy and how they grow into a dog.
- Review other animal babies; kitten > cat, puppy > dog, duckling > duck, chick > hen/chicken (egg > chick > chicken), calf > cow, lamb > sheep, tadpole > frog (frogspawn > tadpole > frog), egg > caterpillar > pupa > butterfly.

https://www.bbc.co.uk/programmes/p0117xbr

• Create a list - Match animal adults to their babies.

Science Science

Do I know the basic needs of humans and animals?

- Discuss what animals including humans need to grow & survive e.g. food, water, rest, shelter, air, love, etc.
- Point out that food, water & air are the three most important things for the growth & survival of animals.
- Ask your child about looking after a pet. Do they need food, water & air? What else do they need? A hutch, dog or cat basket, a stable, etc. Perhaps they need grooming or bathing or they need taking for walks or provide exercise opportunities, e.g. a hamster wheel. Talk about handling pets with care & treating all animals (including humans) with respect.

https://www.bbc.co.uk/bitesize/clips/znhxpv4

• <u>Cut or write the words into the correct categories.</u>

Why do human need exercise?

- Explain humans (and other animals) need exercise to be fit
 and healthy. Talk about why exercise is important for our
 muscles, bones and heart (which is also a muscle).
- Discuss activities that the children do to keep healthy.
 Discuss the importance of warming up before exercising (so we are ready to exercise and we don't injure ourselves). Talk about how exercising affects the way we eat a professional athlete would need to eat the right kinds of foods.

https://www.bbc.co.uk/bitesize/clips/zvdkjxs



Choose some activities from the <u>physical challenge cards</u>.
 <u>Answer the questions about exercise</u>. (Choose the sheet most suitable for your child.)



