



Key Vocabulary

Olympics an international sports competition that takes place every four years

Sport physical events that follow rules

Physical to do with the body

Exercise physical activity that makes your stronger and improves health

Healthy to feel ok and not be poorly or in pain

Diet the food and drink eaten and drank by an animal

Heart pumps blood around your body

Bones hard tissue that makes up a skeleton

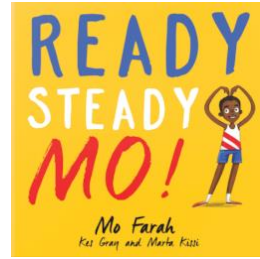
Muscles the tissues that help a skeleton move

Hygiene to keep clean

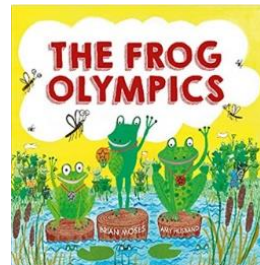
Nutrition food to help you stay healthy

Hydrated to have drank lots of water

Dehydrated to have lost lots of water



Children should exercise for 60 minutes a day!



Key Knowledge

I know that humans need water, food and air to survive.

I know the importance of exercise for humans.

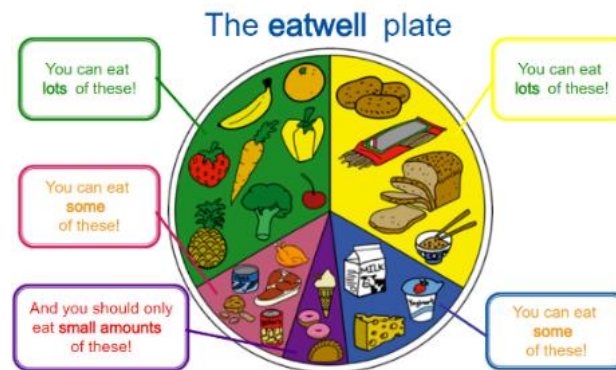
I know that humans need to eat a balanced diet.

I know that humans need to maintain good hygiene.

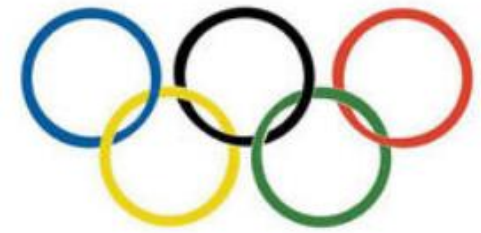
I know the five food groups and their purpose.



Olympics Robins: Keeping Fit & Healthy



The eatwell plates helps to demonstrate a healthy balanced diet.
We should eat **at least** 5 fruit and vegetables a day!



The Olympic rings represent the joining together of 5 continents.

Europe

The Americas (North & South)

Africa

Asia

Oceania