



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 you 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

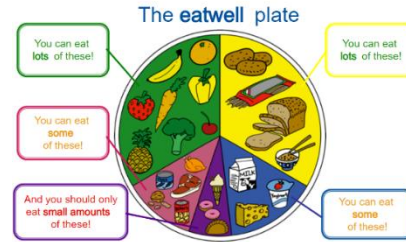
Muscles the tissues that help a skeleton move

Hygiene to keep clean

Nutrition food to help you stay healthy

Hydrated to have drank lots of water

Dydrated to have lost lots of water



The eatwell plates helps to demonstrate a healthy balanced diet.

We should eat **at least** 5 fruit and vegetables a day!

Key Learning

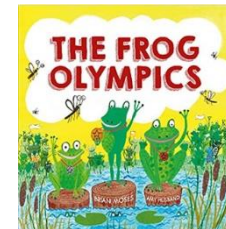
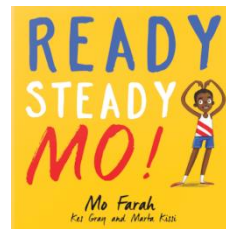
- We will be able to identify, name, draw and label the basic parts of the human body
- We will find out about and describe the basic needs of humans for survival
- We will talk about the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.

Olympics

Robins: Keeping Fit & Healthy



Children should exercise for 60 minutes a day!



There are lots of different ways to exercise such as walking, running, cycling, dancing and playing sports to name a few.

The Olympic rings represent the joining together of 5 continents.

Europe

The Americas (North & South)

Africa

Asia

Oceania