

# Healthy Heroes

At Hillstone, we believe that it is really important to grow up being healthy. We will be exploring what this looks like so that we can be the healthiest version of ourselves.

## Science

I know animals, including humans, get their nutrition from what they eat.

I know animals, including humans, need the right types and amounts of nutrition.

I can identify the different types of teeth in humans and explain their function.

I can describe the basic parts of the human digestive system.

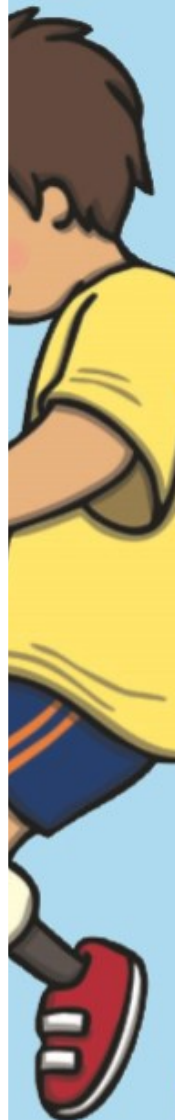
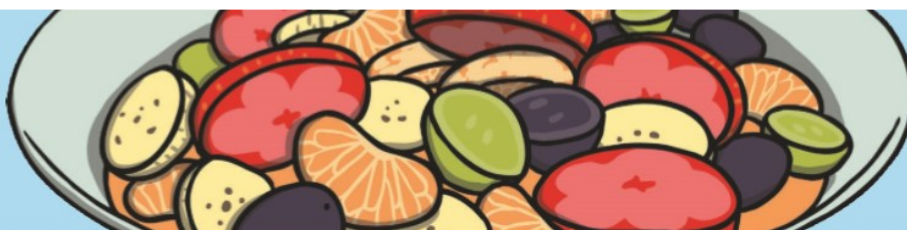
I know that humans and some other animals have skeletons and muscles for support, protection and movement.

## Computing

I understand that text and images can be used to communicate messages.

I can edit the text and layout of a page.

I can add content to a desktop publishing publication.



# Spanish

I know the Spanish words for 5 different vegetables.

I know how to say 'I would like...' in Spanish.

# RE

I understand what brings followers of Islam together.

I understand what brings followers of the Baha'i faith together.

I can discuss what is good about taking part or joining in.

I know how Christians worship together at Christmas.

# Hillstone Life Skills

*I recognise the effect exercise will have on my body.*

*I recognise the effect some foods will have on my body.*

*I know what makes a healthy diet and why this is important*

*I know the importance of medicine to keep my body healthy.*

*I know the importance of good sleep.*